



BAND ACTIVATION
& RECOVERY PROGRAM

FOR THE FUNCTIONAL ATHLETE

***DEVELOPED BY OUR EXPERT TEAM OF
TB12 BODY COACHES IN PARTNERSHIP
WITH MAT FRASER***

WELCOME TO YOUR TB12 BAND ACTIVATION & RECOVERY PROGRAM

We designed our new TB12 Band Activation & Recovery Program through years of experience working with men and women of all ages with a passion for functional training. We've seen firsthand how physically demanding this kind of training is, and we know that our unique approach to muscle activation and pliability is the perfect complement to your daily WOD. This program is for anyone who looking to feel their absolute best, maximize their strength and mobility, and stay healthy despite the instnesive physical impact of training.

This manual will guide you through a four week cycle of TB12's functional strength & conditioning exercises you can use as a crucial pre-workout muscle activation regimen for your daily WODs. Those exercises, plus our pre- and post-workout pliability exercises, make this the ultimate guide to performance and recovery.

LET'S GO!



PREPARE

Your long-term success begins with your habits. Invest in yourself by establishing a daily pliability routine through pre- and post-workout pliability exercises performed on training days and recovery days.



PERFORM

You can't train slow and expect to perform fast. Prepare your mind and body for the demands of your WODs by performing our activation exercises at full speed while maintaining proper form.



RECOVER

The demands of consistent training will inevitably wear you out over time. Make rest and recovery a consistent priority by focusing on daily pliability work and considering ways to maximize the value of your sleep.

EVERYTHING YOU NEED TO PERFORM & RECOVER:



TB12 VIBRATING PLIABILITY SPHERE



TB12 LOOPED RESISTANCE BANDS (LONG AND SHORT)



TB12 ELECTROLYTES

[TB12SPORTS.COM/SHOP](https://tb12sports.com/shop)



TB12 HAS CHANGED THE WAY I PREPARE MY BODY TO TRAIN AND COMPETE, AND TAKEN MY RECOVERY TO THE NEXT LEVEL TOO.

I DO THE ACTIVATION EXERCISES IN THIS PROGRAM EVERY DAY BEFORE MY WORKOUTS, AND I'M FEELING STRONGER AND HEALTHIER THAN I EVER HAVE BEFORE. USE THIS PROGRAM WITH YOUR TRAINING, AND I'M CONFIDENT IT'LL HELP YOU GET STRONGER AND FEEL YOUR BEST THE SAME WAY IT HAS FOR ME.

HARD WORK PAYS OFF!



MAT FRASER

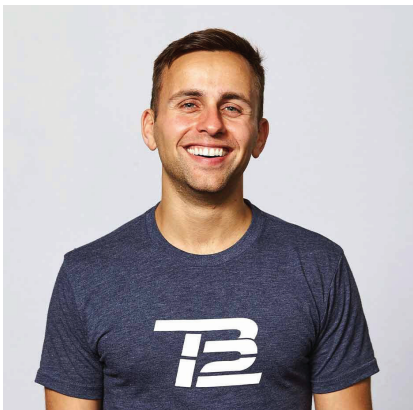
**"THE FITTEST MAN ON EARTH"
- FOUR-TIME CROSSFIT GAMES CHAMPION
-TB12 CLIENT**

THE TB12 BODY COACHES



JORDAN LOWRY, LAT, ATC

Jordan Lowry is a Licensed Athletic Trainer (LAT) and Certified Athletic Trainer (ATC), and has been a TB12 Body Coach since May 2016. He is from Highland, Utah and earned a Bachelor of Science in Athletic Training from Brigham Young University. In college, he played Wing for BYU Men's Rugby and is one of only two players who has played in five and won five USA College Rugby National Championships. Jordan leads TB12's CrossFit efforts and works as 4x CrossFit Games Champion Mat Fraser's personal Body Coach.



NICK POLI, PT, DPT, CSCS

Nick is Licensed Physical Therapist (PT), a Certified Strength and Conditioning Specialist (CSCS), and holds a Doctorate Degree in Physical Therapy (DPT). He is originally from Bronxville, New York, and earned a Bachelor of Science in Computer Information Systems from Quinnipiac University and a Doctorate of Physical Therapy from Hunter College. Outside of TB12, he enjoys training mixed martial arts.

TB12 CrossFit Family,

My name is Jordan Lowry, and I am a Body Coach at our TB12 Center in Foxboro, MA. I'm an avid functional athlete and was fortunate to have the opportunity to bring my passion to life in the form of this program – a program that I know can greatly benefit all of you in so many ways.

I've spent the last year working with Mat Fraser. I've learned more from that experience than I ever could have imagined, and my work with Mat is what inspired me to put this program together. By focusing on pliability and muscle activation, Mat and I have made incredible progress together – both in his overall physical health and his performance in the gym. The simple programming in this PDF has helped Mat reach new heights on the biggest stage, and I know it can do the same for so many of you.

I can't wait to see what you all can accomplish! Let's go!!

A TB12 BODY COACH IS A LICENSED PHYSICAL THERAPIST, ATHLETIC TRAINER, OR ACUPUNCTURIST WHO SPECIALIZES IN TREATING CLIENTS THROUGH A HOLISTIC FOCUS ON IMPROVING TISSUE PLIABILITY.

TB12 Body Coaches work one on one with each individual client to create a treatment plan that is centered around the pillars of pliability – nutrition, hydration, cognitive health, recovery, and tissue pliability techniques. Each of these pillars plays an important role in enhancing an individual's pliability, allowing our clients to achieve their goals, and do what they love better, and for longer.

TB12 Body Coaches develop programs and work with each client's specific needs and goals to ensure they are successful in the activities they perform on a daily basis. TB12 Body Coaches are experts at identifying muscle imbalances and asymmetries within an individual's movement patterns, and correcting them through enhancing the mind-body connection with hands on pliability work and functional movement exercises. It is the Body Coach's goal to create a positive brain-body connection, allowing the muscle tissue to fire at 100% of its capacity – they help make this happen by putting an individual through functional exercises specific to the movements they perform during their sport or physical activity.

TB12 IS ABOUT HELPING PEOPLE DO WHAT THEY LOVE BETTER, AND FOR LONGER!

YOUR DAILY TB12 HABITS:



Your ability to continue to perform the exercises outlined in this program is dependent upon the effort you put into your recovery. Use a TB12 Vibrating Pliability Roller to target the key muscle groups in this plan, both on recovery days and workout days, and you'll help these muscles recover faster day-in and day-out.



Your body needs nutrients, water, and energy that will allow you to perform your absolute best and recover as fast as possible so you can do it all over again the next day. Eating a balanced diet filled with plenty of fruits, vegetables, and lean meats will provide the nutrients your body needs to promote muscle growth and repair. You can also focus on foods with anti-inflammatory properties.



At a minimum, you should drink one-half of your body weight in ounces of water every day. If you are 150 pounds, you need at least 75 ounces of water to hydrate yourself optimally while you are performing the rigorous exercises in this program. Enhance your hydration by using TB12 Electrolytes, and be sure to focus especially on your hydration during the most active days in your program.



Always remember to focus on form first. Never compromise proper form when performing an exercise. The goal is always to match the speed of an exercise with the speed of your sport or activity to prepare your brain and body for in-game and real-life situations. We believe in using resistance bands to perform many of these functional movements, as they offer a wide, fluid range of motion, helping you build strength and power without overloading your muscles or tendons.



Proper rest and a full 8 hours of sleep are critical for the body to recover from the stresses of daily life, both physical and mental. Limit caffeine and sugar intake later in the evening and turn off all electronics 30 minutes before you go to sleep in order to ensure that you are properly rested.

LOWER BODY PLIABILITY

Equipment: TB12 Vibrating Pliability Roller or Vibrating Pliability Sphere



Make pliability rolling a daily habit in order to maintain pliable muscle tissue and reduce the soreness and tightness throughout your body. Dedicate 5 minutes before each workout, as well as on recovery days, to thoroughly foam rolling the following muscle groups.

FREQUENCY: Every day, including recovery days, before and after working out

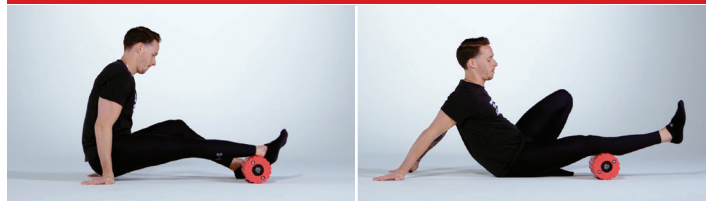
DURATION: Roughly 1 minute per muscle segment

1. HAMSTRINGS



Begin by sitting on the ground with the device behind your knee. Roll from the back of your knee up to the base of your bottom, then down to the back of your knee. Be sure to hit the middle, outside, and inside of the muscles. Repeat this motion until you feel a change in the tissue, then switch legs.

2. CALF MUSCLE



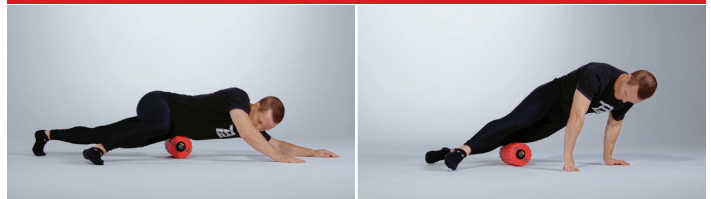
Place the device above the ankle joint. Roll towards the knee, then back down to just above ankle. Be sure to cover the middle, outside, and inside of the muscles. You can enable deeper pressure by crossing one leg over the other. Repeat this motion until you feel a change in the tissue, then switch legs.

3. GLUTEUS MAXIMUS/MEDIUS



Begin by sitting on the device with one side of your buttocks. Roll from the back part of your leg up to the top of your hip (just below the low back). Be sure to rotate your leg and trunk as you roll to cover all parts of the muscles. Repeat this motion until you feel a change in the tissue, then switch sides. You can enable deeper pressure by crossing one leg over the other.

4. ILIOTIBIAL BAND (ITB)



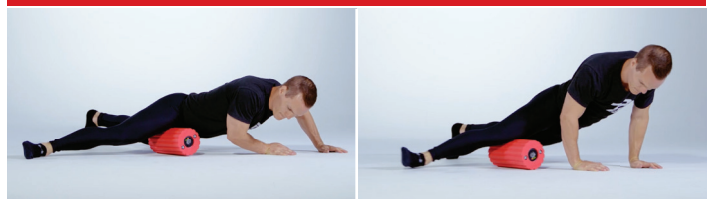
Begin propped up on both arms with one leg crossed in front of your body and the device between your other thigh and the ground, right above the knee. Roll up to the top outside of your hip, then return to the outside of your thigh just above the knee. Repeat this motion until you feel a change in the tissue, then switch legs.

5. QUADRICEPS



Begin face down, propped up on your elbows with the device on your front thigh right above the knee. Roll from the top of your knee to the front of your hip – just below your pelvis – then back down to the starting position. Be sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.

6. INNER THIGH/GROIN



Place the device on the inside of your thigh just above the knee. Roll to your upper groin and pelvis, then back down to just above the knee on your inner thigh. Be sure to cover the middle, outside, and inside of the muscles.

7. BOTTOM OF THE FOOT



Begin by placing your heel on the device and — using your body weight to apply pressure — roll up to your toes while spreading your toes wide. Then roll back to your heel while curling your toes. Be sure to cover all the tissue on the bottom of your foot.

UPPER BODY PLIABILITY

Equipment: TB12 Vibrating Pliability Roller or Vibrating Pliability Sphere



Make foam rolling a daily habit in order to maintain pliable muscle tissue and reduce the soreness and tightness throughout your body. Dedicate 5 minutes after each workout, as well as on recovery days, to thoroughly foam rolling the following muscle groups.

FREQUENCY: Every day, including recovery days, before and after working out

DURATION: Roughly 1 minute per muscle segment

1. BACK AND SHOULDER



Begin by lying on your side with the device contacting the back of your shoulder between your torso and upper arm. Roll from the back of your shoulder down the side of your trunk to mid-rib level, then back. Rotate your trunk to cover the middle, front, and back parts of the muscle. Repeat this motion until you feel a change in the tissue, then switch sides.

2. MID TO UPPER BACK



Begin by sitting in front of the device, then lean back until your mid back is in contact with it. Roll from your mid back up to the base of your neck, then back down to your mid back. Rotate from side-to-side, making sure to hit both sides of the musculature on the side of your spine.

3. LOWER BACK



Begin with the device on the ground, positioned on your low back — avoiding going directly over the spine. Roll from the top of your buttocks to the mid-back, then down to the top of the buttocks. Repeat this motion until you feel a change in the tissue, then switch sides.

4. BETWEEN THE SHOULDER BLADES



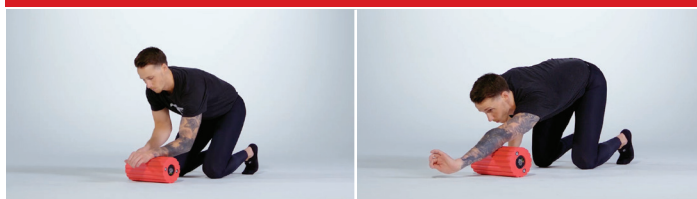
Cross your arms across your chest to open up the shoulder blades. Roll up and down between your shoulder blades, being sure to rotate your trunk from side-to-side in order to get both sides of the muscles between your shoulder blades.

5. OUTSIDE OF FOREARM



Roll from the top of your forearm down to your wrist, being sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch arms.

6. INSIDE OF FOREARM



Begin by kneeling with the device under the inside of your forearm just below the elbow. Roll from the top of your forearm down to your wrist, being sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch arms.

7. CHEST



Begin by lying face down with the device positioned on your chest and your arm extended to the side. Roll from the middle of your chest to the front of your shoulder, then back to the starting position. Repeat this motion until you feel a change in the tissue, then switch sides.



TRAINING FOCUS	DEADLIFT	OVERHEAD SQUAT	ACTIVE RECOVERY 1	FRONT SQUAT/CLEAN	OVERHEAD PRESSES	PUSH-UPS/BURPEES	ACTIVE RECOVERY 2
PLIABILITY	Full Body Pliability	Upper Body Pliability	Full Body Pliability	Full Body Pliability	Upper Body Pliability	Upper Body Pliability	Full Body Pliability
WARM-UP	Glute & Core Warm Up 1	Glute & Core Warm Up 2	Glute & Core Warm Up 1	Glute & Core Warm Up 2	Glute & Core Warm Up 1	Glute & Core Warm Up 2	Glute & Core Warm Up 1

FOCUS ON BUILDING YOUR BRAIN-BODY CONNECTION

THE GOAL IS TO USE THESE RESISTANCE BAND EXERCISES TO ACTIVATE THE MUSCLES USED IN YOUR TRAINING

GLUTE & CORE WARM UP 1:

Perform each exercise for 20 seconds each side and repeat for two total sets to activate your core and glutes.

Lateral Band Walk
Glute Medius Side Plank
Kettlebell Hip Thruster
Pallof Press

DEADLIFT TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Double Leg Glute Bridge Holds
Banded Deadlift
Anterior Banded Bent-Over Row

OVERHEAD SQUAT OR SNATCH TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Banded Y's
Prone PVS Press
Deep Squat Hold

FRONT SQUAT/CLEAN/WALLBALL TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Sit Squats
RNT Squat
Squat Jumps

“USE THESE EXERCISES BEFORE YOU BEGIN YOUR LIFTS TO HELP ACTIVATE THE MUSCLES YOU’LL USE. THIS HELPS REDUCE YOUR RISK OF INJURY, AND PREPARES YOUR BODY FOR THESE LIFT DAYS.”

-BODY COACH JORDAN

GLUTE & CORE WARM UP 2:

Perform each exercise for 20 seconds each side and repeat for two total sets to activate your core and glutes.

Front Plank
Banded Step-Ups
Half Kneeling High-to-low Chops
Three Directional Toe Taps

OVERHEAD PRESS TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Kneeling Overhead Press Variations
Squat with Overhead Reach
Prone Lift-Offs

PUSH-UPS OR BURPEES TRAINING DAY

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Banded Pull Apart
Scap Push-Ups
Lateral Resisted Front Plank (Push Up Position)

ACTIVE RECOVERY DAY:

We recommend building two active recovery days into your weekly schedule. These lighter workouts will help facilitate muscle recovery while keeping you active. Perform each exercise for 20 seconds per side, rest for 60 seconds between rounds and repeat for three sets.

Glute Medius Side Plank
Anterior Reach
Lateral Band Walks
X-Plank
Seal Jacks
Band Core Rotations
Banded Deadlifts (quick)
Foot Fire to Hip Turn



TRAINING FOCUS	DEADLIFT	OVERHEAD SQUAT	ACTIVE RECOVERY 1	FRONT SQUAT/CLEAN	OVERHEAD PRESSES	PUSH-UPS/ BURPEES	ACTIVE RECOVERY 2
PLIABILITY	Full Body Pliability	Upper Body Pliability	Full Body Pliability	Full Body Pliability	Upper Body Pliability	Upper Body Pliability	Full Body Pliability
WARM-UP	Glute & Core Warm Up 1	Glute & Core Warm Up 2	Glute & Core Warm Up 1	Glute & Core Warm Up 2	Glute & Core Warm Up 1	Glute & Core Warm Up 2	Glute & Core Warm Up 1

PRIORITIZE PROPER FORM WHILE YOU INCREASE RESISTANCE

THE GOAL IS TO USE THESE RESISTANCE BAND EXERCISES TO ACTIVATE THE MUSCLES USED IN YOUR TRAINING

GLUTE & CORE WARM UP 1:

Perform each exercise for 20 seconds each side and repeat for two total sets to activate your core and glutes.

Lateral Band Walk – Medium/Heavy Band
 Glute Medius Side Plank – Medium Band
 Kettlebell Hip Thruster – Medium/Heavy Band
 Pallof Press – Heavy Band

DEADLIFT TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Single Leg Glute Bridge Holds
 Banded Goodmornings
 Anterior Banded Deadlift

OVERHEAD SQUAT OR SNATCH TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Sott's Press
 Low Squat Y Press
 Dead Hang from Pull Up Bar

FRONT SQUAT/CLEAN/WALLBALL TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Sit Squats (Lower Surface)
 RNT Squat – Medium Band
 Squat Jumps w/ Band Around Knee

“PUSH YOURSELF TO INCORPORATE HEAVIER RESISTANCE BANDS INTO YOUR ACTIVATION EXERCISES OVER THE NEXT FEW WEEKS. YOU SHOULDN'T FEEL EXHAUSTED, BUT YOU WANT TO START TO PUSH YOURSELF HARDER AT THIS POINT.

-BODY COACH NICK

GLUTE & CORE WARM UP 2:

Perform each exercise for 20 seconds each side and repeat for two total sets to activate your core and glutes.

Front Plank w/ Shoulder Taps
 Banded Step-Ups – Heavy Band
 Half Kneeling High-to-low Chops – Heavy Band
 Three Directional Toe Taps – Light/Medium Band

OVERHEAD PRESS TRAINING DAY:

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Standing Overhead Press Variations
 Banded Single Arm Overhead Press
 Goblet Squat w/ Overhead Reach

PUSH-UPS OR BURPEES TRAINING DAY

Perform each exercise for 20 seconds each side. Rest for 60 seconds between rounds and repeat for three total sets.

Scap Rows
 Scap Push-Ups w/ Band Around Shoulders (Light/Med)
 Lateral Resisted Walking Planks

ACTIVE RECOVERY DAY:

We recommend building two active recovery days into your weekly schedule. These lighter workouts will help facilitate muscle recovery while keeping you active. Perform each exercise for 20 seconds per side, rest for 60 seconds between rounds and repeat for three sets.

Single Leg Glute Bridge
 Banded Lateral Lunge
 Laterally Resisted Walking Planks
 Split Stance High-to-Low Chops
 Single Leg RDL
 Glute Resisted Squat Jumps
 Pallof Press w/ Foot Fire
 Laterally Resisted Bird Dog

POST-WORKOUT SUPPLEMENTATION

Though protein is an essential part of any balanced diet, that doesn't mean it has to be boring! While we love mixing our **TB12™ Plant-Based Protein** in water or our favorite non-dairy milk alternative, there's nothing quite like a flavorful and protein-packed smoothie after a workout.

We've included a few of our favorite protein smoothies, using both our **Whey Isolate** and **Plant-Based Proteins**, for you to make and enjoy as you recover after your next workout. If you want more delicious smoothie recipes, head over to our Instagram, [@TB12sports](#), or to [TB12sports.com](#) to see our full library of smoothies.



TOM'S FAVORITE SMOOTHIE

INGREDIENTS

- » ½ tbsp hemp seeds
- » ½ tbsp chia seeds
- » ½ tbsp ground flaxseed
- » 1 handful of walnuts
- » 1 tbsp almond butter
- » 1 scoop TB12™ Whey Protein Isolate
- » 1 cup frozen organic blueberries
- » 1 banana, medium-sized
- » ¼ cup rice milk
- » ¼ cup almond milk
- » ¼ cup hemp milk



CHOCOLATE COVERED STRAWBERRY SMOOTHIE

INGREDIENTS

- » 1 cup almond milk
- » 1 cup frozen strawberries
- » 1 scoop of TB12™ Plant-Based Protein: Chocolate
- » 1 tbsp ground flaxseed
- » ¼ cup almonds
- » 1 banana, medium-sized



GREEN DREAM SMOOTHIE

INGREDIENTS

- » ½ cup coconut water
- » 1½ cup spinach
- » 1 scoop of TB12™ Plant-Based Protein: Vanilla
- » 1 cup frozen mango
- » 1 banana
- » Juice of a lemon

POST-WORKOUT NUTRITION

The perfect food choices are different for everyone, but there are many common elements that make up healthy dietary habits. No matter what you do day-to-day, no matter what sport you play or how you get your exercise — you need to fuel your body for the task at hand. Your body needs nutrients, water, and energy that will allow you to perform your absolute best and recover as fast as possible so you can do it all over again the next day.

We prioritize eating local, nutrient-rich whole foods like organic fruits and vegetables and hormone-free, antibiotic-free lean meats, and this commitment to healthy eating is even more important after a workout. Remember that food is your body's fuel, and you'll only get as much out of your body as you put into it.

HERE ARE A FEW OF OUR FAVORITE POST-WORKOUT FOODS

FATS	CARBOHYDRATES	PROTEINS
Avocados	Sweet Potatoes	Turkey
Chia Seeds	Quinoa	Free-Range Chicken
Flax Seeds	Millet	Grass-Fed Beef
Hemp Seeds	Cauliflower	Bison
Coconut Oil	Mangoes	Lentils
Pumpkin Seeds	Bananas	Kale
Walnuts	Legumes	Chickpeas
Almonds	Steel-Cut Oats	Raw Nuts
Macadamia Nuts	Apples	Sunflower Seeds
Almond Butter	Spinach	Wild Fish
Salmon	Broccoli	Organic Eggs
Extra Virgin Olive Oil (cold)	Blueberries	Supplemental TB12 Protein (Whey Isolate or Plant-Based)
Tuna	Squash	Spirulina
Anchovies	Chickpeas	Non-Dairy Yogurt

TO VIEW MORE CHECK OUT THE TB12 GROCERY LIST



MINDFULNESS:

WHAT IS MINDFULNESS?

There are two key pieces of mindful recovery: **meditation** and **healthy sleep**.

Meditation is a habitual process of training your mind to relax and refocus. Different approaches to meditation work better or worse for different people, so feel free to explore and find something that works best for you. There are many free guided meditation programs available that can help you get started and provide you with more detailed insight into meditation.

Sleep is a time for uninterrupted therapy and natural regeneration. There is no better source of natural recovery than a full night of deep sleep, so make your sleep schedule a priority no matter how busy life gets. Studies have found that the blue light from computer screens, TVs, and smartphones negatively impacts your ability to fall asleep. Turning off all your electronic devices at least a half-hour before bedtime will quiet your mind. Turn off or down the lights in your room and create a relaxing environment before bed.

Both meditation and de-stimulation before bed promote proper hormone balance in the body, especially by limiting the release of the stress hormone cortisol. Elevated cortisol levels can cause inflammation and mental confusion, and contribute to a higher risk of anxiety and depression.



EPSOM SALT BATHS:

WHAT IS EPSOM SALT?

Epsom salt is a naturally occurring mineral compound made up of magnesium and sulfate that has a number of tangible health benefits that are tied to recovery. You may be familiar with epsom salt through its use by athletes, many of whom rely on the salt in order to help reduce inflammation and eliminate electrolyte imbalances throughout the body.

HOW DO I USE IT?

Epsom salt dissolves in water, so we recommend adding it to a warm bath for best results. Epsom salt can also be used in a foot bath or a small pail of water in order to target the feet and ankles. We suggest adding 2 cups of salt to a normal-sized tub and soaking in the bath for at least 12 minutes.

WHAT ARE THE BENEFITS?

When epsom salt dissolves into water, it releases both magnesium and sulfate ions. The electrolyte content in the salt can be absorbed through the skin and helps contracted muscles relax and begin to recover.

WHERE CAN I FIND EPSOM SALT?

You can purchase epsom salt from most drug stores and a variety of online retailers.

VIBRATING PLIABILITY ROLLER

Our Vibrating Pliability Roller is an upgrade over traditional foam rollers. Four vibration speeds allow for deeper muscle stimulation and enhanced pliability. Our Pliability Roller is best for targeting lower body areas.



VIBRATING PLIABILITY SPHERE

Our Vibrating Pliability Sphere is the ultimate tool for overhead athletes. It targets hard-to-reach areas in the shoulders, back, and neck that often become tight and sore among functional athletes.

LOOPED RESISTANCE BANDS

Our Looped Resistance Bands are a must-have for anyone looking to perform the exercises in this program. They offer varying levels of resistance and allow for fast, fluid movements to help activate key muscle groups.



CALL US TO BOOK A ONE-ON-ONE SESSION WITH AN EXPERT TB12 BODY COACH

TB12 Boston: (857) 449-7525

TB12 Foxboro: (508) 543-4900

TB12 Tampa: (813) 442-6015

