



**Fitness Kickboxing Canada  
Demo Session Schedule  
Booth #: 1213**

**April 29 & 30**

**10:30 AM – 10:50 AM**

**MMA Strength Conditioning**

Experience “real” MMA conditioning training with the FKCI Ultimate Conditioning Bag. Feel your muscles burn as you maneuver the 20 pound conditioning bags through a variety of exercises for a full body fighting fit workout with certified MMA instructors.

**11:10 AM – 11:30 AM**

**Elevation Mask Training**

Experience the ultimate in cardio drills using the Elevation Training mask simulating high altitude effects. This session will also use the FKCI boot camp belts to add resistance to your cardio training.

**11:50 AM - 12:10 PM**

**Heavy Ropes Conditioning**

Experience “real” MMA conditioning training as you maneuver heavy ropes through a variety of exercises challenging your strength, endurance, and cardio workout with certified MMA instructors.

**12:30 PM – 12:50 PM**

**Ground & Pound**

Get ready to experience the intensity of real MMA floor drills with the FKCI ground & pound bag. Full mount, full guard, elbow strikes, hammer fists, knee strikes all thrown in for the ultimate in intensity for a knock out of a workout with certified MMA instructors.

**1:10 PM – 1:30 PM**

**Kickboxing Drills**

Get the gloves on and try out your hands & feet at real kickboxing focus pad drills. Learn basic stance, movement, and punch-kick combinations with certified kickboxing instructors.

**1:50 PM – 2:10 PM**

**Elevation Mask Training**

Experience the ultimate in cardio drills using the Elevation Training mask simulating

high altitude effects. This session will also use the FKCI boot camp belts to add resistance to your cardio training.

**2:30 PM – 2:50 PM**

**Ground & Pound**

Get ready to experience the intensity of real MMA floor drills with the FKCI ground & pound bag. Full mount, full guard, elbow strikes, hammer fists, knee strikes all thrown in for the ultimate in intensity for a knock out of a workout with certified MMA instructors.

**3:10 PM – 3:30 PM**

**MMA Strength Conditioning**

Experience “real” MMA conditioning training with the FKCI Ultimate Conditioning Bag. Feel your muscles burn as you maneuver the 20 pound conditioning bags through a variety of exercises for a full body fighting fit workout with certified MMA instructors.

**3:50 PM – 4:10 PM**

**Ground & Pound**

Get ready to experience the intensity of real MMA floor drills with the FKCI ground & pound bag. Full mount, full guard, elbow strikes, hammer fists, knee strikes all thrown in for the ultimate in intensity for a knock out of a workout with certified MMA instructors.

**4:30 PM – 4:50 PM**

**(FRIDAY ONLY)**

**Kickboxing Drills**

Get the gloves on and try out your hands & feet at real kickboxing focus pad drills. Learn basic stance, movement, and punch-kick combinations with certified kickboxing instructors.

**5:10 PM – 5:30 PM**

**(FRIDAY ONLY)**

**Heavy Ropes Conditioning**

Experience “real” MMA conditioning training with heavy ropes as you maneuver heavy ropes through a variety of exercises challenging your strength, endurance, and cardio workout with certified MMA instructors.



Thank you to Dollamur Sports Surfaces for providing the official FKCI Demo mats.