

EXERCISE FOR PECTUS



The Best Knockout Punch for Pectus

Workout with a Trainer who has led the way in designing exercise programs for the pectus chest and body since 1996.

- Chest muscle building
- Posture improvement
- Chest expansion techniques
- Children, adolescents, teens, athletes, young adults



- Males & Females
- Stretching & self-massage
- Pre & post surgery exercises
- All sessions are one-on-one

- First session consists of a strength and flexibility assessment, photo analysis, aerobic capacity and measurements. These results will be reviewed, then goals and expectations will be discussed.
- A typical workout session includes a warm-up, stretching, aerobic and strengthening exercises, ended by a cool down. Workouts vary in length from 20 minutes to an hour.
- Workout sessions are available at each of our affiliate locations in New York, Maryland, California and Utah.
- For long distance clients, workouts via Skype are available.
- Workout sessions are \$45



PECTUS SERVICES
PROVIDING PECTUS CARE SINCE 1996

Call Pectus Services for an appointment: **877-PECTUS-6** (877-732-8876)

For an appointment visit us online at: **PectusServices.com**