

# **INTRO TO LOADED FLOW**

## **FEAT. THE STEEL MACE**

1) Introduction & Safety

2) Intro to Loaded Flow  
Lecture

3) Application:

-Lateral Flow (*beginner*)

-Samurai Flow (*intermediate*)

4) Questions



---

**WWW.KIPSONLINE.ORG**

**(949) 529-4061**

**SAVE 20% ON ANY COURSE**

**CODE - FITNESSFEST**

