

THE LEGEND

LEVEL UP

Congratulations to the ninjas who took on the Ninja Levels program and leveled up last month!

If you're stuck on a level and need some extra coaching, or want to find out more about the Ninja Levels Program, be sure to reach out to a coach the next time you're in the gym!

LEVEL 1

Rob McCullum
Dan Weis

LEVEL 2

Walker Dornick
Adam Schumacher
Sandy Schumacher

LEVEL 3

Kaden Hartmann
Adam Schumacher

LEVEL 4

LEVEL 5

LEGENDARY STATUS



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HOLIDAY GIVEAWAY!

Have you heard? We're doing a holiday giveaway! Refer a friend or pick up one of the holiday specials listed below for yourself and be entered to win our giveaway! You could win:

- Free LF Event Entry
- Free Spartan Race entry
- LF SWAG Package
- Free Frontline OCR Entry

Intro Package

Start a new routine and get comfortable with the gym with the dedicated support of a coach

- Three 60-minute personal training sessions
- Six-week membership
- Legendary green T-shirt

Youth Ninja Team

Commit now to the Youth Team re-starting in January and get extra goodies!

- Friction Labs liquid chalk
- Legendary water bottle
- Legendary stress ball

Just pay today (before 12/15) for the first month of membership that will start January 4th

Personal Training

Work with an expert coach on starting a routine, obstacle technique, running plans, or any other fitness goals you have

- 5-pack of 1-hour sessions
- 10-pack of 1-hour sessions

Last chance at our current prices!

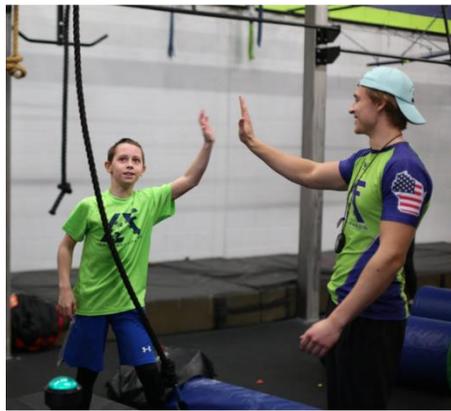
QUICK NINJA COMPETITIONS

Are you interested in ninja, but not quite ready for a full-blown competition? Our monthly "Quick Ninja Competitions" just might be the perfect answer. These events allow participants to experience a ninja course in a very low-stress, high-support environment. Ninjas of all ages and abilities are welcome, and courses are designed to test a variety of skills.

Competitions typically draw 5-10 competitors and begin with a walk through of the course where participants are encouraged to ask questions. All courses are designed to allow athletes the opportunity to attempt every obstacle, meaning a single failure doesn't mean the end of a run. After the walk-through, competitors are given about 5 minutes to play on the course and test out any obstacles prior to their course run. Once the competition begins, competitors run in a randomly assigned order and spend the time they're not on the course cheering for others.

November's quick competition, designed by Coach Nick and LF Member Tim Merath, combined balance, agility and strength to challenge those who took on the challenge. For some it was their first ninja comp, while others have been competing for years. Kaden Hartmann took home 1st place, with Wyatt Dornick in a very close 2nd and Ashley Day coming in 3rd.





NEW MEMBERS & ANNIVERSARIES

Welcome to all new members, and thank you to all of our members who are celebrating anniversaries!

1 YEAR

Gavin Lorenzen
Ashley Neitzell
Megan Sonnenberg
Mack Raabe

MONTHLY CHALLENGES

Have you tried this month's challenges? Be sure to give them a shot and write your name and results on the whiteboard!

BROAD JUMP

See how far you can complete a broad jump. Don't forget to write your distance down on the board!

Legendary Status:

Broad jump your height!

L1 TO WARPED WALL

Start at the beginning of section L1 (Monkey Bars) and work your way down to land on the warped wall without touching the ground or any mats. Once you've completed the challenge, write your name on the board!

DEVIL'S STEPS ENDURANCE

How many steps can you complete on the Devil's Steps? Begin on the bottom step of one side, make your way through the steps to show control on the bottom step of the other side, then make your way back.

Legendary Status:

48 steps

LEGENDARY YOUTH TEAM

The Legendary youth team is back! After a brief break to re-vamp the program, the team is back and better than ever. The team will be back in full swing in January, with weekly practices to help all members improve skills and prepare for competitions. The team is a great way to keep kids active throughout the year and help build confidence on and off the ninja course.

Prior to joining the team, athletes will undergo a placement evaluation with a Legendary coach to help assess their current ability level. Practices will then be run in a way to ensure the appropriate skills are being developed and athletes are receiving the coaching and attention they need.

If you're interested in finding out more about the youth team, including information on practices and competitions, be sure to talk to a Legendary Coach the next time you're in!

MEET THE MEMBER: CORI MONTESANTO

Q: What brought you to Legendary Fitness?

Honestly, a Google search. I saw the gym a few years back and finally jumped in head first. I have a lot of skill in aerial arts so I wanted to keep working on my overall athletic abilities when I signed up with Legendary.

Q: What advice do you have for new members?

Don't be afraid to do anything you might feel you're going to look silly or fail at. You're surrounded by the most supportive coaches and members who truly want you to succeed and feel good about yourself! We are all here to have a blast and become stronger mentally and physically.

Q: What is your favorite obstacle?

Currently....rings. I like the ability to focus on so many muscles and different variations (plus I can put my aerial arts/circus spin on it!). I've also really started to like the pegboard.

Q: What other types of workouts do you enjoy when not playing on obstacles?

I have an aerial arts background so I enjoy working on pole and sling as far as circus goes. I love to run and lift weights too.



Q: What is a recent accomplishment you are proud of?

Ninja level 2. For sure. I worked really hard on an obstacle and wanted to give up after weeks of not getting it. I never thought I'd be able to accomplish it in front of a crew of people but that is just what I needed to clutch level 2!

I also think just a general accomplishment is since being with Legendary I've truly become the best athlete I've ever been. I never even thought I could consider myself an athlete; but now, I certainly feel comfortable and proud.

GENERAL ANNOUNCEMENTS | WHAT'S NEW IN THE GYM?

- Have friends who are interested in the gym? Grab an Introductory Package flyer for them the next time you're in!
- Struggling with obstacles? Talk to a coach today about personal training options, or to find out about getting set up with a mentor from Team Legendary!
- Have you tried the new 'Resilience' class on Sundays at 8 AM yet? This class is an hour of paying attention to your body and learning more about what it can do for you.
- Don't forget – we now offer class on Mondays at 6 PM!
- Check out the changes in the gym! We moved a few things around and put up some new obstacles on December 5th. Be sure to stop in and check out the changes!
- Struggling to stay motivated and working toward your goals? We're here to help! Schedule a check-in with one of our coaches to help keep you on track.
- Follow along as members of Team Legendary take over the Team Instagram page, @teamlegendary.wi! We've already introduced you to those members pictured below, but there are more to come!

UPCOMING EVENTS

For more details about the events listed below [click here](#) to check out the Legendary Fitness website or keep an eye out for announcements in the 'Legendary Fitness Athletes' Facebook group!

12/12/20 | Kids Ninja Competition

12/19/20 | Adult Ninja Competition

1/30/21 | Abominable Trail Race with the Legendary Team



BE RESILIENT. BE SUPPORTIVE. BE LEGENDARY.

This newsletter is brought to you by Team Legendary – a group of athletes dedicated to being positive, strong, supportive, resilient, willing to learn, and willing to teach. These athletes serve as ambassadors outside the gym, and mentors inside the gym.

Follow the Team on Instagram @teamlegendary.wi for fun, technique tips, race updates, and more!



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