



Bay Area Favorite Marvelous CrossFit Offers 30 Days Free For San Mateo Crossfit Enthusiasts

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Marvelous CrossFit, a fitness and exercise company in Burlingame, CA, is offering 30 days of free CrossFit to those with experience. They are the only Crossfit gym in the entire Bay Area Peninsula to offer this type of deal. They hope to help even more people get fit thanks to this special offer.

"We are confident that anyone who trains with us will absolutely love it.", says Ranier Gadduang from Marvelous CrossFit. "It is for this reason that we offer the 30 day free trial, no strings attached at all. We are truly unique in our offering."

Crossfit is the best strength and conditioning program around. It is for this reason that it is used in SWAT training and throughout police academies, for instance. Indeed, champion martial artists, military special operation units and various other elite athletes and professionals use this type of training.

San Mateo CrossFit program is designed to be universally scalable. This means that anyone can take part in it, so long as they are committed. Whether they have done crossfit before or not is irrelevant as the program can be adapted to their personal skills. Indeed, crossfit training is suitable for anybody, be they professional

cage fighters or senior citizens.

"We want to give people the opportunity to get 30 days of unlimited membership for free", adds Ranier Gadduang. "We want to introduce them to the most fun workout experience they have ever had in their life. We deliver this in a world class training facility with expert coaching. Additionally, we are proud of the fact that our gym members have effectively formed a community, supporting and encouraging each other. This is why they grow faster, stronger and sexier than ever before in record time."

People can also sign up for a free 60 minute crossfit session if they simply want to give the sport a try. This will give them an introduction, after which they start warming up. They then do exercises and stretches to improve overall mobility, before moving on to an exercise review to make sure they know how to move safely. Then comes the WOD part, which is the Workout Of the Day. One of the great things about crossfit is that it is varied, with many different WODs. This means people never get bored through the sheer repetition of the program. Finally, they take part in a cool down.

The 30 day free membership is only for those who already have experience with crossfit. Essentially, people are encouraged to give it a try if they are unhappy with their current box, which is a significant decision to make. However, Marvelous CrossFit CrossFit is convinced that people will love it so much that they will sign up for full membership at the end of the month.

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For more information about Marvelous Performance, contact the company here:Marvelous PerformanceRanier Gadduang650-600-1623team@marvelousperformance.com1669 Bayshore HighwayBurlingame, CA 94010

Marvelous Performance

The Most Fun And Effective Workout Of Your Life. A World Class Training Facility, Expert Coaching, And Community Unlike Any Other. Guaranteed To Make You Grow Stronger, Faster, And Sexier Than Ever Before. No Egos Allowed - Just Good Vibes And High Fives.

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