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**CIRCULAR STRENGTH TRAINING NAMED AN OFFICIAL HEALTH AND  
CONDITIONING SYSTEM FOR U.S. ARMY**

Atlanta, GA, December 4, 2006. Circular Strength Training® (CST), a three-winged health and fitness program consisting of pain-free mobility, dynamic flow yoga and natural-athleticism, today was named an official health and conditioning system of the U.S. Army. CST, which focuses on *Heath First and Forever*, will be instituted as a training regimen in U.S. Army Combatives School; and for the 50th Brigade Special Troops Battalion and the 99th RRC Gun Truck Alley.

*“Most physical training approaches are nothing more than basic calisthenics programs that don’t protect the body against violent encounters,”* said Scott Sonnon, creator of CST and founder of RMAX International. *“CST, which was founded in the martial arts, is a conditioning system designed to physically, mentally and emotionally prepare warriors for battle. The brave U.S. Army soldiers who will now participate in CST workouts will be more prepared to deal with adversity and quickly recover from the trauma of combat.”*

CST’s ‘prehab’ formula (in deference to rehab) is designed to prevent physiological damage and reduce future joint pain, and improve overall health and fitness. The three wings of CST can be performed individually or as a complete program to achieve the best possible results. These wings are:

- **Intu-Flow®:** Basic movement, structural body alignment and simple breathing to assess and reassess areas of weakness.
- **Dynamic flow yoga:** Provides counter-balance to the body, compensating for the positions one adapts to during daily routines
- **Natural athleticism:** Swinging weights to provide multi-dimensional resistance, mobility and correct balance of tension on joints and muscles

*“As a pioneer in both the application of newest sports science and as a connection and filter to the best techniques of the past, Coach Sonnon and CST have made immeasurable contributions to the program of instruction here at the U.S. Army Combatives School,”* explained SFC Matt Larsen, Non-Commissioned Officer in Charge of U.S. Army Combatives. *“By combining an intimate knowledge of fighting and fitness along with biomechanical efficient movement and the physiological capabilities and he is helping revolutionize the modern combative world.”*

CST was developed by Scott Sonnon, founder of RMAX International, USA National Team Coach and International Martial Arts Champion, and is taught and offered by certified CST trainers who work privately or at gyms and

fitness centers around the country. Sonnon's *Health First and Forever* approach is intended to protect joints and muscles and has been used successfully by tens of thousands of people around the world.

*"I was able to use the CST Training Hierarchy Pyramid Model to craft novel and tactically sound responses designed to mitigate conditions faced by soldiers who would be conducting these types of dangerous operations,"* said Sergeant Major Robert J. Metz, Former NCOIC, Gun Truck Alley Initiative, 99<sup>th</sup> RRC. *"With several methodologies, including Rules for CST, we designed SOPs, Battle Drills and Contingency Plans crafted to most efficiently respond in real time to enemy ambushes that might successfully arrest a vehicle's forward progress in a kill zone. Rest assured that this hard won expertise helped increase the survivability of more than 1300 soldiers."*

#### **ABOUT RMAX INTERNATIONAL:**

RMAX is an international health and fitness organization founded upon the Circular Strength Training® System.

CST is a 'prehab' approach to health and fitness combining pain-free mobility, dynamic flow yoga and natural athleticism. This approach employs pain-free, injury-free techniques so you can care for your body and prevent damage in the future. CST comprises three wings. These components are performed individually or as a complete system to achieve the best possible results. For more information, log on to [RMAXinternational.com](http://RMAXinternational.com).