

Mace Training

Is Mace Training Safe for me with a
Spinal Fusion?

Mace Training

I get asked this question all the time. I get it.
It can be scary.

Mace Training

This is exactly why I created this free PFD
for you to download.

Mace Training

In this guide, here's what you'll discover

- History of the Mace
- Benefits of Mace training with spinal fusion
- What I have learned along the way
- What clients are saying
- Why we train with a mace

Mace Training

I am your coach, Teresa. I have Scoliosis & for 30+ years I have lived with a spinal fusion with 10+ years experience as a personal trainer.

Mace Training

I started training with a mace because I wanted to learn something new. I didn't know how it would feel or if I could with a spinal fusion.

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One of my biggest fears, would I hit my back.
After safely trying it on with a coach,
I invested in the practice.

Mace Training

I started training with a mace because it ties diverse movement & strength training together. Here are a few things I've learned along the way.

Mace Training

In India, Mace, known as the Gada, is an unconventional modality that has been around for thousands of years.

Mace Training

It's an unconventional training method that is still taught in India where people use it to compete.

Why should you train with a mace

with a spinal fusion

Why should you train with a mace with a spinal fusion

Because training with a mace feels limitless when you have spinal limitations.

Let's Dive in/Here are just a few:

- Strength
- Resistance
- Increase Mobility
- Postural alignment
- Core
- Versatility
- Community
- Empowerment
- Dance

Fun
Living Pain Free
Unconventional
Pain Free
Mind Body Connection
Move with Confidence
Movement Diversity
Cardio

Why would you want to train with a
mace

Strength training keeping skeletal structure
strong while increasing muscle growth

Resistance training push & pull
Demands complete upper body through
movement of mace

Increase mobility can increase your range
of motion

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Postural alignment through extension & external rotation. Using the mace we wake up muscle groups in the posterior chain (lats, rhomboids, traps, erector spine...) muscle groups in the back

Why you could train with a mace

Demands core engagement

Core muscles are fired without thinking

increasing core strength

Versatility unlike dumbbells, the weight of the mace challenges you based on positioning. Mace training increases endurance as well as strength. It's also used for stretching

Empowerment you can safely train with a
mace & not live in with pain

Community coming together with people
who have spinal fusions

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Why you should train with a mace

It's a Dance

you get to move around with it

It's diverse increasing strength, mobility
building a mind body connection

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Because you will learn how to move with
confidence

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It's an unconventional modality that isn't like
any other.

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Training with a mace safely fires spinal & core muscle engagement so that you can live pain free

Mind body connection is unmatched with strength, mobility, endurance training. It's a holistic practice that has been used for thousands of years.

If you want to try this on here's my suggestion. Start with mobility warm up, wrist circles, halo, pikes, T spine stretch. Grab something long, a broom, a branch, something with light weight. Hold it bottoms up. Keep your arms close not allowing pole to fall away.

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Feel the demand it forces
on your core for you to
stand tall.

I could go on about mace
training and how it has
changed my life but
let's hear what people
are saying why they
train with a mace.

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Why should you train with a mace



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"My whole body is working to keeping me upright, controlling the weight. It's not just arms, it's my whole core."

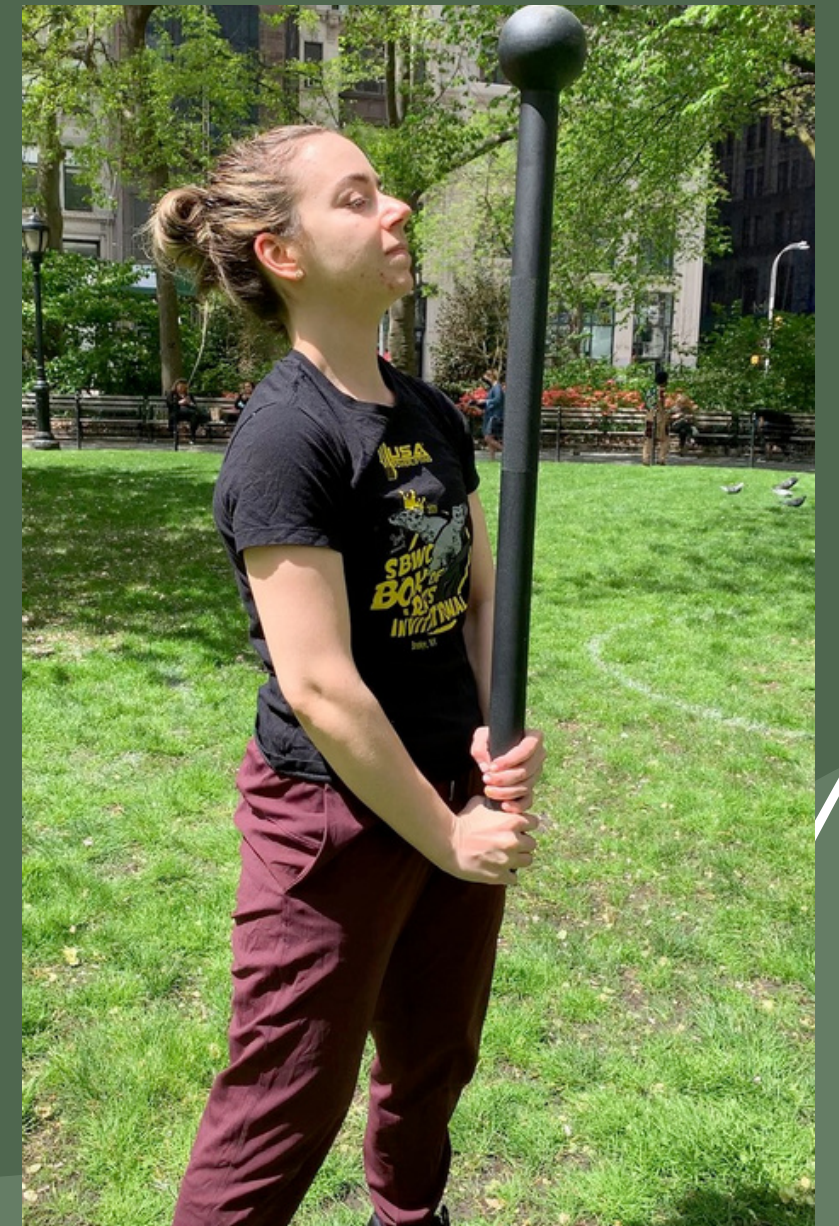
"Once I started working patiently with a mace, I realized it didn't hurt my back."





"It's a holistic practice.
See where it will take you."

"I think it will be so great
to introduce people to the mace"



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"It's fun! A lot of the moves are strengthening while stretching."



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"I didn't have to think about which muscles were activating"





"It definitely takes a lot of control. Love how mace training engages my body and mind in a different way. "

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Why you should train with a mace

Because training with the mace IS



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Unconventional
Strength & Resistance training
Increases Mobility
Postural alignment
Core Strength Builder
Versatile
Community Builder
Empowering
Dance
Diverse
Fun
Builds Confidence
Mind Body Connection
Cardio enhancer



If you're ready to train with
mace & don't know where
to start

Click [here](#) to take your
first swing!

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