

# 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.

# Mace Training

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

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

Teresa T3fitt

# 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."

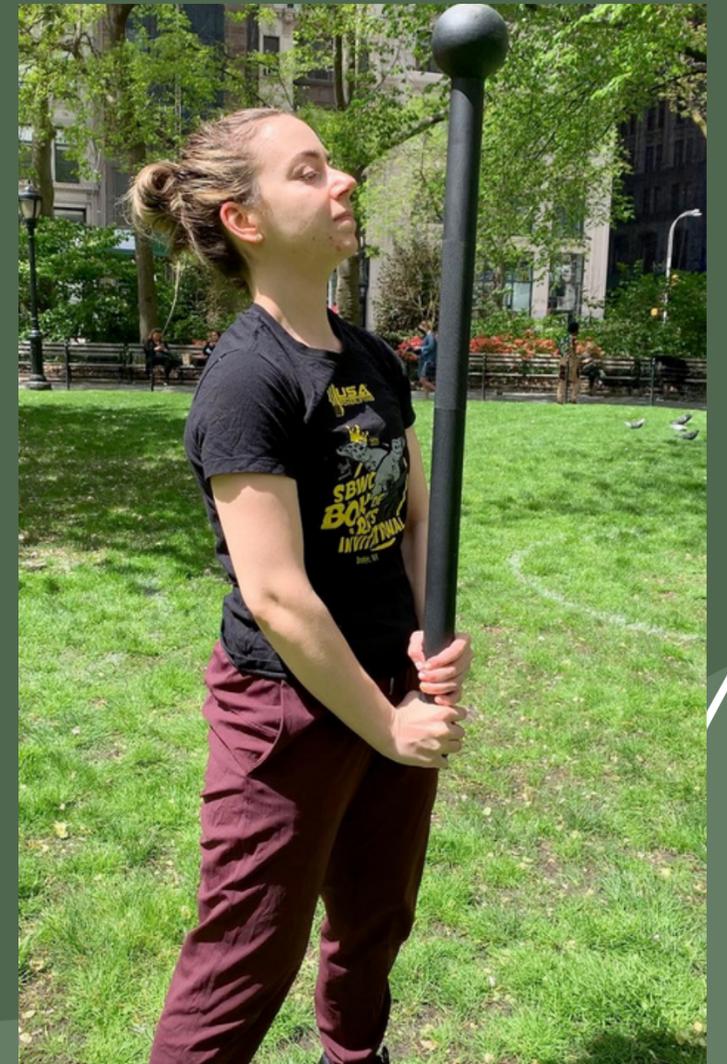
"Once I started working patiently with a mace, I realized it didn't hurt my back."





"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."



Teresa T3fitt

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



# 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'd like to know more about mace training with a spinal fusion & you're ready to try this on.

Then you're in the right spot

Click [here](#) to set up your mace consultation

Teresa T3fitt