



a perfect fit gym™ a perfect fit slide & glide™

www.natstotalefit.com

Lower Body





a perfect fit gym.™  a perfect fit slide & glide.™

www.natstotalefit.com





a perfect fit gym.™  a perfect fit slide & glide.™

www.natstotalefit.com





a perfect fit gym™  a perfect fit slide & glide™

www.natstotalefit.com

