Mace Training

Is Mace Training Safe for with a
Spinal Fusion?

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

Teresa T3fitt

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

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

I am your coach, Teresa.

I've lived with a Scoliosis spinal fusion
for 30+ years,
with 15+ years experience
as a personal trainer.

Teresa T3fitt

Why you can train with a mace with a spinal fusion

- It feels limitless even with your spinal limitations
- Firing core muscles without thinking about it.
- Increases strength & mobility
- Builds a mind body connection
- Learn how to move with confidence

Teresa T3fitt

What I've learned training with a mace with a Scoliosis spinal fusion

- it's empowering
- It's a dance you get to move around with.
- The mace is versatile, unlike dumbbells, the weight challenges you based on positioning.
- It increases endurance.
- It can be used to stretch

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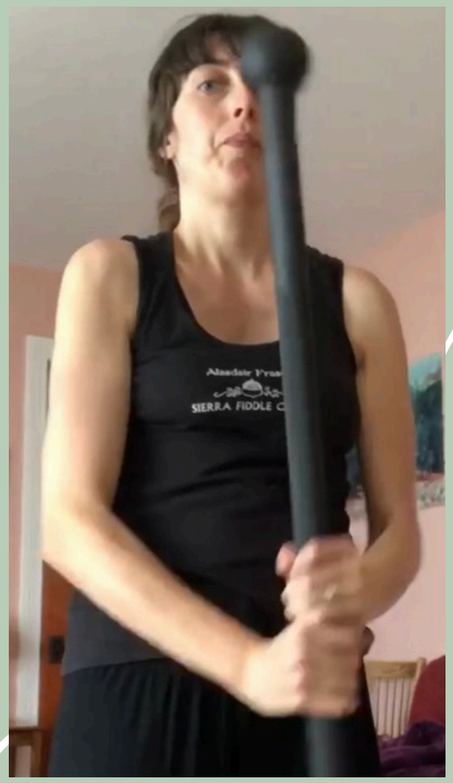
What people are saying

"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."



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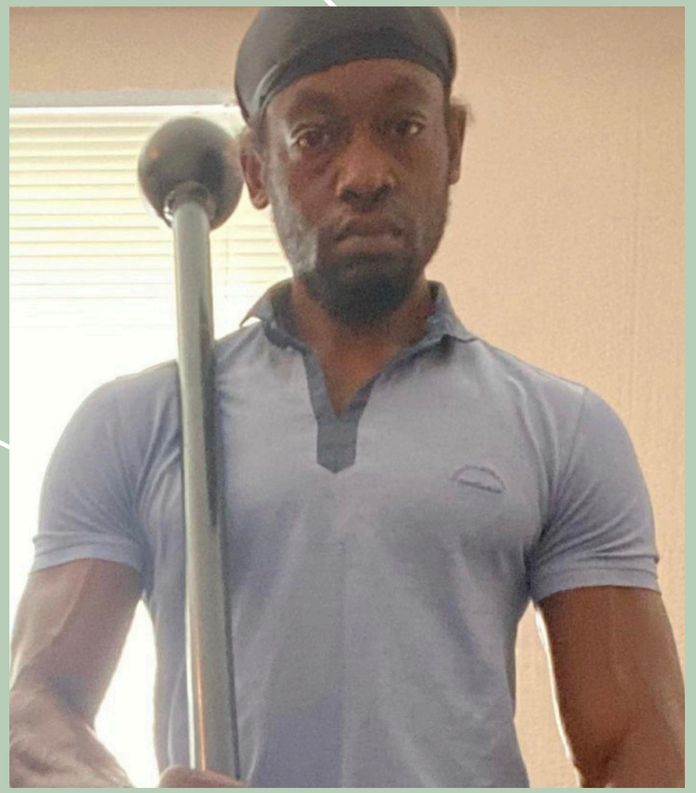

"It's a holistic practice.
See where it
will take you."

"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."

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

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

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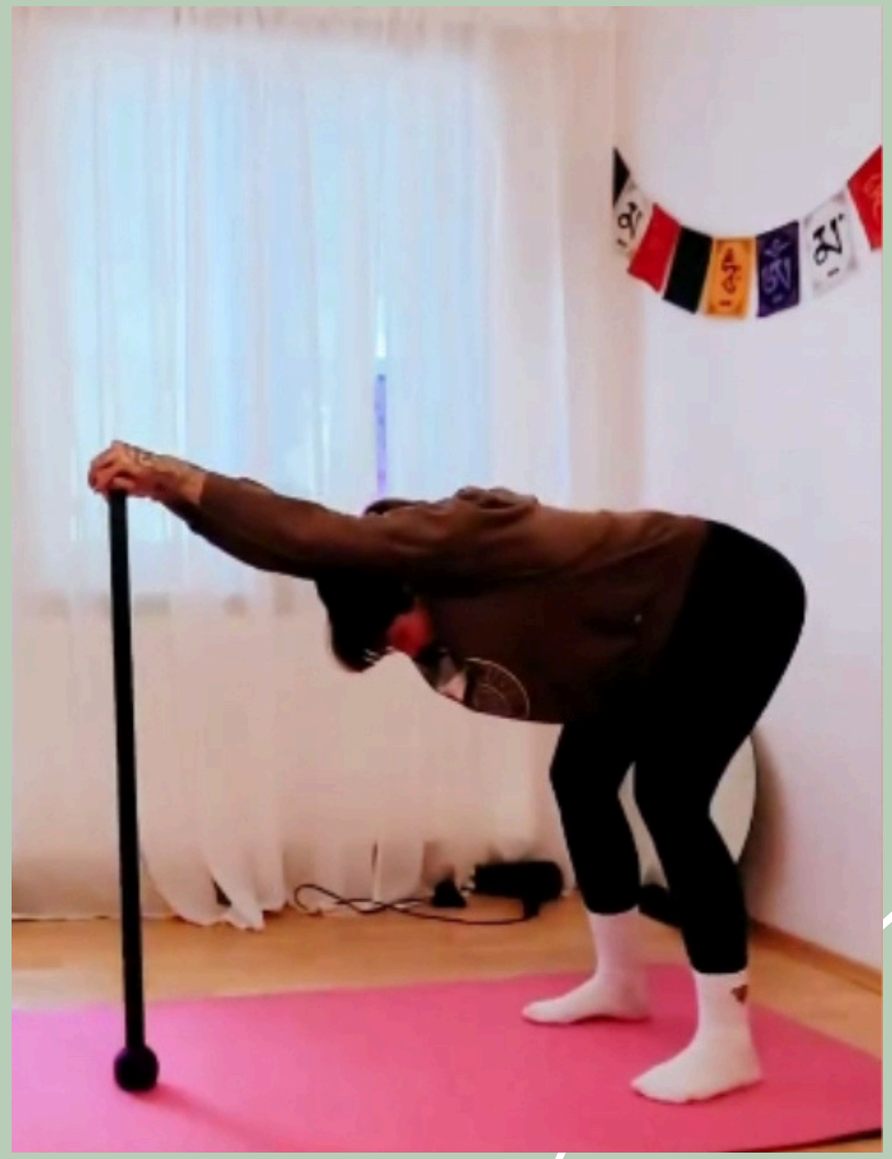
"I love integrating the
mace in all the
pilates movements where normally
the torso moves like this,
to get the muscles working
with with mace and stay stable."



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"Being introduced
to
the mace
has been a
blessing"

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

This is for you if you want to

- Increase Mobility & Strength
- Build Core Strength
- Build Confidence
- Have a mind body connection

Click here to take your first swing!