



# MARK YOUR CALENDARS

CINCINNATI REGIONAL AT&T WORKSHOP

December 7 - 9, 2021

## GET READY FOR YOUR EVENT

**WHAT:** O2X 3-Day Workshop  
**WHERE:** Local 48 Offices  
1011 W. 8th Street  
Cincinnati, OH 45203

**WHEN:** December 7 - 9, 2021  
**QUESTIONS:** Please contact Eamonn Burke  
at eamonn@o2x.com

This workshop is sponsored by AT&T.



## WORKSHOP ATTENDEES WILL RECEIVE:



- 3-days of training with world-class experts
- O2X T-Shirt
- O2X Book: Human Performance for Tactical Athletes
- Membership to the O2X App, which includes:
  - Human performance in the palm of your hand
  - 100+ strength and conditioning programs
  - Daily progress tracking
  - Mental performance training programs
  - "Ask an Expert" support from 200+ O2X Specialists

## ABOUT THE WORKSHOP

### 3-DAY O2X WORKSHOP

O2X is a **veteran-owned business** comprised of 200+ Human Performance Specialists who are subject matter experts and leaders in their respective fields.

Over the course of 3-days, tactical athletes will complete O2X's science-backed **EAT SWEAT THRIVE** program and go through the O2X Tactical Athlete Readiness Assessment.

The O2X Program is customized to meet your needs as a tactical athlete.

**1% BETTER EVERY DAY**

### WHAT YOU'LL LEARN

You will hear from world-class experts covering the following topics:

- Foundations of Movement**
- Strength and Conditioning**
- Optimizing Mental Performance**
- High Stress Jobs**
- Yoga & iRest**
- Nutrition: Fueling for Performance**
- Sleep & Fatigue Management**