

JUL
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2015

FITTER RADIO EPISODE 068:

ONE STEP AHEAD

LCHF for young athletes.

WORKOUT OF THE WEEK

Swim workouts to both improve your top end speed and work on some of the mechanics in your swimming.

HOT PROPERTY INTERVIEW – BRAD KAHLEFELDT

Brad Kahlefeldt (aka Sticky!) had a stellar career on the ITU circuit which saw him claim Commonwealth Gold, three World Championship medals along with six Australian titles and 4 Oceania Championships. He did his first iron distance race at the Asia Pacific Champs in Melbourne on 22 March this year finishing 3rd! Brad now has his eye on Kona...



5 MINUTE FOCUS

Mikki reviews the new 100% Natural Bars from Balance Nutrition.



THE GEEK OUT

Compression socks

LINKS

More about Brad Kahlefeldt at <http://www.bradkahlefeldt.com/>

Follow Brad on Facebook at <https://www.facebook.com/brad.kahlefeldt> and on Twitter at <https://twitter.com/sticksy>

More about Balance products at <http://www.balancesportsnutrition.com/>

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