

NETWORK catalogue

Essential Resources for Fitness Professionals Autumn 2006

REEBOK ALLIANCE



The latest and greatest footwear and apparel is available at discounted prices to Network members!

Network's official footwear and apparel supplier

Go to <http://alliance.reebok.com.au> and log in using your login details from the Network site (surname and 6-digit membership number)!

The Reebok Alliance Program was first established in 1985, and has continued to provide fitness professionals worldwide with the opportunity to gain access to the latest Reebok gear. Reebok Australia is excited to once again offer this program to fitness professionals nationwide in the hope of meeting the demands and intensity of your industry.

<http://alliance.reebok.com.au>



AUSTRALIAN INSTITUTE OF FITNESS

FITNESS INSTRUCTOR CORRESPONDENCE CERTIFICATE COURSES

If you cannot attend a face-to-face course at an Australian Institute of Fitness campus then let the Institute train you in the comfort of your own home! Our unique and effective correspondence courses make learning fun and easy! With accelerated learning techniques, you will progress at your own pace with the convenience of being able to schedule your coursework around your existing commitments. The course fees include all handbooks, workbooks, assessments and a one-year professional membership with Network. To work in the fitness industry, a Senior First Aid Certificate is required for certification and registration. The course is available through Network in Sydney, and is included as part of Options 1 & 2.

Option 1: Master Trainer

This option combines Certificate III in Fitness (SRF 30204), specialising in Gym Instruction, and Certificate IV in Fitness, specialising in Personal Training (SRF 40204).

This course enables you to work as a gym instructor and personal trainer.

The course consists of the following:

- Certificate III
 - Fitness Essentials
 - Gym Instructor
- Certificate IV
 - Nutrition
 - Specialist & Advanced Programming
 - One-on-One Training
 - Fitness Business
 - Strength & Sports Conditioning
 - Rehabilitation



NB: You will need a detailed anatomy text for the rehabilitation module.

Option 2: Certificate III in Fitness (SRF 30204)

This course enables you to be a gym instructor or group exercise/aerobics instructor. The course consists of the following:

- Fitness Essentials
- And either:
 - Gym Instructor, or
 - Aqua Instructor, or
 - Group Exercise Instructor



Option 3: Certificate IV in Fitness, specialising in Personal Training (SRF 40204)

This course enables those who are already registered as a gym instructor to obtain certification for personal trainer registration.

The course consists of:

- Nutrition
- Specialist & Advanced Programming
- One-on-One Training
- Fitness Business
- Strength & Sports Conditioning
- Rehabilitation



Nationally Recognised Training
RTO Provider Number 21508

NB: You will need a detailed anatomy text for the rehabilitation module.

Call and speak to one of our career advisors today!
Ph: 1300 669 669

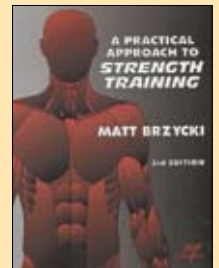
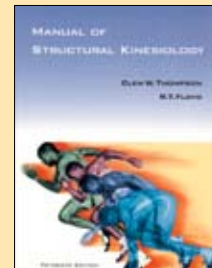
Books with CEC exams

Manual of Structural Kinesiology 3 CECs

Thompson & Floyd, 1994

An excellent resource to understand the location and action of each muscle group. Includes detailed diagrams, instructions for palpation, pronunciations and specific exercises.

Book	\$84	PB093
Book and exam	\$111	ENPB093



A Practical Approach to Strength Training

Matt Brzycki, 1998

This text provides you with the practical information you need to organise strength and conditioning programs that are safe, productive, efficient and comprehensive.

Book and exam	\$160	EN010
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Australian Fitness Network exercise shirts

Available in two designs – for guys and gals – these navy and white threads will have you looking the goods as you tread the pavement or trim down at the gym. They are available for just \$25 each.

Women's	sizes 8-14
Men's	sizes S, M, L, XL



NOTE: non-members add \$10 to all prices quoted

CHOREOGRAPHY VIDEOS

eVOLUTION

Step Pro

Marcus Irwin

The skills required to teach choreographed step classes are many and varied. A 'step pro' is someone who understands the balance between workout, choreography and the 'wow' factors needed to create great sequences that everyone can follow and appreciate. These elements, and many more, are featured in this educational and fun choreographic journey. By focusing on the why, the what, the where and the how Marcus helps to bring your teaching into the now. Using a recycle and reinvention process, Marcus shows you how to reuse step sequences in different formats as a great way of establishing confidence with either new or experienced groups. The Step Pro workout offers a series of combinations with multiple levels and possible outcomes that allow teachers of many levels to appreciate the choreography, and translate it to their classes successfully and easily. **Take the next step to becoming a Step Pro**

\$44 TRX-MID06 (DVD)



Step Tools

Marcus Irwin

The key to successful teaching depends on you having the right balance of skill, style and sensitivity. To create great choreography you also need a good eye, and a healthy dose of experience and empathy. All of these elements together form your 'tool belt' and are indeed part of the recipe to successful teaching. Taking into consideration that a step choreography workout's success can depend on pleasing many people's individual preferences and needs, this DVD aims to help you increase your experience and expertise. With his own set of tools, recipes and systems, Marcus helps you create a well-balanced and fun step workout for all students and class types. Add a touch of style to a pinch of power... then mix a dash of dance with a splash of sport... before you know it you have the recipe for a perfect step class. **What is your step recipe?**

\$44 TRX-MID07 (DVD)



Move It!

Aerobic & Dance Showdown 2

Are you ready for another power blend of the latest and greatest moves, grooves and fabulous flair from a top ranked list of celebrity teachers? Silly question. Step Showdown2 is all that and more. And they say that sequels are never as good as the original! Well, this video blows that theory right out of the water. More teachers, from more countries, with more choreography and even more value... this is the Showdown to end all Showdowns! Featuring complete choreography segments from the latest evolution video releases. Each section includes full breakdown, progressions and finished products. Nearly 20 blocks of brand spanking new choreography! It's like a convention - only in your lounge room!

\$44 TRX-ADSD2 (DVD)

\$44 TRX-ADSV2 (Video)



Airborne

Marcus Irwin

When in full flight there is nothing better than the aerobic choreography experience. Especially when it is achievable, fun and, best of all, a good workout! Using tried and tested aerobic teaching techniques, and a modern day take on choreography, Marcus takes you on a journey that is high, low and any which way you can go. Traditional dance, athletic and moves style choreography bases are all covered. The result is a set of stylized sequences that show both the methods and step by step breakdown elements needed to teach them to your students. Showcasing his own re-invention process, Marcus uses his smooth choreography skills to transform recognized moves into something exciting and new. Knowing how to reuse and reinvigorate your aerobic repertoire, and reinventing what you have already created, also adds the element of surprise for your students, which keeps them coming back for more and you at the top of your game. Take flight and set your teaching goals to all new heights

\$44 TRX-MID08 (DVD)



Stomp It!

Step Showdown 2

Look up in the sky it's a shooting star... no wait it's 9 shooting stars! A veritable who's who of fitness royalty. Join the kings and queens of step in a 2 hour feast of stomping, dancing and prancing choreography. Never before has so much value been packed into one video. Enjoy a taste of many step choreography styles and, even better, get a sneak at the latest evolution hot releases. All segments are complete choreography sequences showing the teachers step-by-step breakdown tips and progressing from simple base moves on up to fabulous final products.

\$44 TRX-STSV2 (Video)



Sculpt It!

Mind and Body Showdown

A new addition to the Showdown series that promises to stretch the boundaries of this now famous format. Blending together experts from all fields of body and mind disciplines, this mix of workouts will inspire and invigorate you, and fill your repertoire to the brim. From traditional body conditioning sequences and resistance training to perfect Pilates and yoga inspired BodyART motion, anything and everything you need for a comprehensive body workout and ultimate physical and mental challenge.

\$44 TRX-SCULPT (Video)



ON SPECIAL!

Buy any of these past hits for only \$15 each!



For the latest releases direct from Europe call for a catalogue 02 8424 7200

Polar Heart Rate Monitors

F4

BLUE/BLACK

New to the Polar Fitness Range is the Men's F4 Black Thunder. With all the features of the current woman's F4 Blue Ice the F4 Black Thunder offers a larger male size. Both F4 versions have been updated and now include a backlight and coded heart rate transmission.

- Continuous ECG Accurate H/R
- Time of day
- Stopwatch
- Own Cal
- Target Zone

\$189



F6

BLACK/PINK

New to the Polar Fitness Range is the Women's F6 Black Coal the Women's Pink Coral has a sleek elegant size and striking new look.

- All features from F4 plus:
- Backlight
- Own code
- Exercise Dairy

\$239



F11

GREY/RED/BLUE/ORANGE

New to the Polar Fitness Range is the Women's Blue Glow and Orange Flash. With all the features of the current Men's F11 Grey Pepper and Red Chilli the new Women's F11's offer new striking colours and superior comfort for the female wrist.

- All features from F4 + F6 plus:
- Keep U fit program
- Own Index
- Wear Link
- Transmitter

\$289



More models available! Contact us on 8424 7200

NOTE: non-members add \$10 to all prices quoted

Portable Blood Pressure Monitor

Every personal trainer should have one of these highly portable units. Aneroid sphygmomanometre with hook cuff and stethoscope included.

\$62 PA004



Disc Grips

Designed specifically for joggers and instructors wanting to rehearse new moves. The model features a bonus CD holder plus an internal key/coin pocket.



MG2 - Mini Grip pouch belt

for Mini Disc Players

\$40 TRX-MG2

Aus Tubing

The convenient, versatile and cost effective way to give your students a great resistance workout! This light, durable tube is ideal for every fitness centre. Use in aerobics classes for your total body conditioning, or add to your personal trainer kit. Tubes come in 120 cm lengths. Available in 4 resistances. AUS Handles can be purchased separately so they can be attached to the AUS Tubes. PA049



Handles \$26 a pair. PA047

Please note Aus Bands are no longer available.

Resistance	Colour	Tube Single	Tube 10-40	Tube 50+
Light	Red	5.00	4.60	4.40
Medium	Green	6.00	5.20	5.00
Heavy	Blue	7.00	5.60	5.40
Extra heavy	Black	8.00	6.00	5.80
Postage for		1-9 \$4,	10-35 \$6,	36-100 \$8

Fit balls

Fit balls are an invaluable resource for the PT. Made of sturdy PVC they are ideal for balance-based conditioning and rehabilitation programs. Fit balls can be used to increase flexibility, muscular control, strength and aerobic capacity in either an open or closed environment. Also suitable for aerobics classes including circuit and CXT.

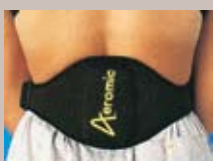


PA042/A	55cm diameter	\$49
PA042/C	65cm diameter	\$59
PA042/B	75cm diameter	\$69

All balls now available in charcoal grey and pearl.
All balls antiburst weight tolerance 300kg

Aeromic Aerobics Belt

Designed specifically for use with radio mike units, the Aeromic belt is the perfect choice for the aerobics professional. Will work with a variety of transmitter units. Black only. \$27.50 PA027



The Body Calliper™

This revolutionary new skinfold calliper is a must for all PTs and fitness instructors, featuring a high density shatterproof resin body and the patented AccuSpring™ for years of precise consistent readings. Each Body Calliper is individually calibrated to ensure scientific accuracy and comes in a compact storage case. It also has a step by step instruction manual and is covered by the manufacturer's lifetime guarantee. \$82 PA041



Human Kinetics

Earn more CECs by going to www.fitnessnetworkcentre.com where you have access to all the non-contact CEC courses you need for re-registration. Your Network membership provides you with exclusive discounts on some courses. Visit www.fitnessnetworkcentre.com to find out more about print and online CEC courses!



NETWORK ORDER FORM

MAIL, FAX OR PHONE Please print clearly in **BLOCK** letters

MEMBERSHIP

- Yes I'd like to join
 Please send me more information on membership

\$

<input type="checkbox"/> Professional membership (tick one)	<input type="checkbox"/> \$80 Aust	<input type="checkbox"/> \$A105 Asia	<input type="checkbox"/> \$A130 Int	
Choose a FREE Newsletter	<input type="checkbox"/> Group Fitness	<input type="checkbox"/> Aqua	<input type="checkbox"/> Personal Trainer	
<input type="checkbox"/> Club Network	<input type="checkbox"/> \$149 Aust	<input type="checkbox"/> \$A175 Asia	<input type="checkbox"/> \$A205 Int	
<input type="checkbox"/> Business	<input type="checkbox"/> \$280 Aust	<input type="checkbox"/> \$A305 Asia	<input type="checkbox"/> \$A330 Int	
You can additionally purchase any other specialty newsletter. Add to the cost above. Group Fitness (\$30) • Aqua (\$30) • Personal Trainer (\$30) • Fat Loss (\$33)				

PRODUCT/COURSE

CODE	DESCRIPTION	QTY	PRICE	TOTAL

NON-MEMBERS ADD \$10 PER PRODUCT. All products inclusive GST.

P&H within Australia
A\$4 add for the FIRST item
A\$1 add for EVERY other item
EXPRESS POST - call Network

INTERNATIONAL ORDERS

Please refer to the information detailed on the right hand side of this form regarding international orders. Orders can be made only by credit card. Shipping costs will vary according to the products ordered and the destination.

Postage & Handling

Express Post Cost

TOTAL

INTERNATIONAL ORDERS

CREDIT CARD ONLY All orders are shipped by air mail or courier depending on country. We will find the lowest rate and your credit card will be debited for the cost of shipping. If you require alternative mail arrangements, please specify when ordering.

GUARANTEE

Products sold by Network are guaranteed for quality. If you receive a faulty product, please return to Network within 14 days for a replacement, credit or refund. An administration fee will be applied to all refunds. Postage and handling is non-refundable. While all care is taken to deliver your goods, we cannot accept responsibility for lost or stolen post, whereas courier service is guaranteed.

CONTACT US



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Are you a Network member: YES NO **MEMBERSHIP NO.:** _____

Family name: _____ **First name:** _____

Address: _____

Suburb/City: _____ **State:** _____

P'code: _____ **Country:** _____

Ph (W): (____) _____ **Ph (H):** (____) _____

E-mail: _____

Cheque (attached) Money order Mastercard VISA Bankcard

Credit card no.: _____ / _____ / _____ **Expiry date:** ____ / ____

Credit card holder's name: _____ **Cardholder ph:** (____) _____

Signature: _____ **Date:** ____ / ____ / ____