

GRAVITY PILATES™ FEELS LIKE ZEN, WORKS LIKE BOOT CAMP.



Stability, flexibility and strength – **GRAVITYPilates™** helps you balance them all.
GRAVITY™ Feel the effect.™



Phone **1800 552 8789** or visit www.hqh.com

BUSINESS OPPORTUNITIES: No matter what your business from Large Fitness Centre to Boutique Personal Training or Pilates Studio, we have a solution for you, to create substantial business income, high \$\$\$ returns with minimal investment. Flexible finance packages, marketing and education support. Call today to request a customised business proposal.

GRAVITY™ AVAILABLE AT THESE FACILITIES IN NEW ZEALAND AND AUSTRALIA:

NEW ZEALAND: **AUCKLAND** GLENFIELD LEISURE CENTRE, Bentley Ave, North Shore, 03 444 8340 www.northshorecity.govt.nz/northshoreleisure
AUSTRALIA: **MELBOURNE** 3 ENERGY ARTS 478 Smith Street, Collingwood, VIC. 03 9417 4380 www.3energyarts.com.au **PERTH** VERVE FOR WOMEN 3-144 Stirling Highway, Nedlands, WA, 08 9389 1097 www.verveforwomen.com.au **ADELAIDE** INSIDEOUT HEALTH STUDIO Shop 2-4, 195-197 The Parade, Norwood, SA. 08 8364 2822 www.insideouthhealth.com.au
SYDNEY LEVITY HEALTH 38-40 Bronte Rd, Bondi Junction, Sydney, NSW. 0423 176 988

Product showcase

From innovative personal training tools and essential new books, to facility resources and events, **Product showcase** brings you a selection of the latest and greatest innovations that the Australian fitness industry has to offer. And remember that you can see most of these, and loads more exhibitors, at the Australian Fitness Expo at the Sydney Exhibition Centre between 20 and 22 April 2007. For more information about the Expo visit www.fitnessexpo.com.au or phone 03 9261 4500.

Network's birthday is just around the corner!

2007 marks Australian Fitness Network's 20th anniversary, with FILEX 2007 being Network's 20th convention! Thank you - our 13,000 members - for making us 20 years strong and always growing stronger! We hope you enjoy our 20th year of servicing and steering the fitness industry, and we look forward to the next twenty with you all!



Gain the ultimate indoor cycling experience and an international certification!



Gain your international qualification in cycling, 8 to 11 February at the Network Training Facility in St Leonards (NSW). The Stage 1 I.C.E course is being held

Thursday 8 and Friday 9 February and is ideal for instructors who have minimal cycling and/or group exercise teaching experience. Stage 2 is being held on Saturday 10 and Sunday 11 February and is most suited to those who have completed Stage 1 I.C.E training. To enrol or to find out more e-mail cycling@fitnessnetwork.com.au or phone 02 8424 7200.

SEE OUR
AD ON PAGE
50

FILEX 2007 brings you innovation!

NEW to the FILEX event in 2007:

- Awesome, exclusive delegate offer from Reebok
- Highly acclaimed keynote speakers from outside the fitness industry
- Personal Trainer Summit
- PT Gold Pass
- Full military session strand (open to civilians too!)
- Bridging course for military PTIs and PTs (pre-convention)

You absolutely can't afford to miss FILEX in 2007! Visit www.fitnessnetwork.com.au/FILEX for more information or to register online.



SEE OUR
AD ON PAGES
6, 10 & 14

Let Network manage your CECs!



Take the hassle out of keeping track of how many CECs you have and let us do it for you! As part of your membership in 2007, Network will keep a running total of how many CECs you've accumulated. When your re-registration period is approaching all you will need to do is send us an e-mail or give us a call, and we'll tell you exactly how many CECs you have under your belt! To enrol into this program or to find out more,

e-mail cec@fitnessnetwork.com.au or phone 02 8424 7200.

Network Pilates now delivers you a Certificate IV qualification



Available in 2007 is the Certificate IV in Fitness Pilates (1313NSW). If you've completed Network Pilates modules previously contact us to find out how to upgrade your

qualification into a full Certificate IV! Or, if you're looking to gain a Pilates certification, seize this opportunity to secure a world class Cert IV qualification and CECs, because that's a combination that's not so easy to come by! Phone 02 8424 7200 or e-mail pilates@fitnessnetwork.com.au

SEE OUR
AD ON PAGE
54



Network introduces year 10 students to sport, recreation and fitness

Year 10 students with an interest in sport or fitness can now undertake a Certificate II in Sport and Recreation, which provides them with 4 units towards their HSC. E-mail cert2sportandrec@fitnessnetwork.com.au or phone Olivia on 02 8424 7216 for more information.

SEE OUR
AD ON PAGE
40

New training tools to electrify your clients' workouts

Circuits4life has created the perfect portable tool to allow you to implement dynamic sessions with your clients and help them train in between sessions with you. Each Circuits4life pack contains 160 exercise cards and eight pre-designed circuit programs (including body weight, boxing, resistance bands, gym balls, medicine balls, stretching, powerbags and dumbbell/barbell exercises) divided into 8 colour coded training menus. Plus, there are mini cards to help your clients replicate their session. Sort out the order of your client's workout, attach the cards to the retractable clip and you can be with them 24/7! Grab some for your client's Christmas stockings now or visit www.circuits4life.com.au for more goodies!



Add lead boxes to your marketing mix today!

SEE OUR
AD ON PAGE
68

Every fitness business should have at least 6 to 12 lead boxes in its local business community. Lead boxes are a cost effective form of marketing and lead generation that can add thousands to your bottom line every month. GymLink is Australia's leading supplier of high quality lead boxes and has lead box packages to suit all budgets. Visit www.gymlink.biz or call 1300 854 991 to purchase lead boxes for your business today.

Australian Fitness Expo



The Australian Fitness Expo, being staged in Sydney in April 2007 in conjunction with FILEX, is the largest fitness and healthy lifestyle expo in the Asia/Pacific region. Joining the existing feature areas showcasing corporate and domestic gym equipment, sports nutrition, athletic footwear and apparel, education and training, fitness analysis, club management software and much more, the 2007 event will include a martial arts and functional and healthy food section and a dedicated commercial fitness hall. Plus, the expo also has four feature stages for aerobics and product demonstrations, fashion parades, body building exhibitions, combat and weapons training, cooking demonstrations and more. To find out more visit www.fitnessexpo.com.au or contact Ashley Robertson on + 61 3 9261 4564.

SEE OUR
AD ON PAGE
8

The Punchfit DVD is out now!



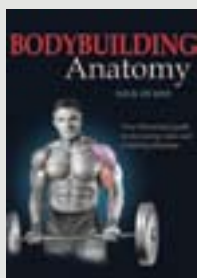
The Personal Trainers Guide to Boxing & Equipment. This one hour DVD covers all aspects of safety from correct glove selection and correct hand wrapping techniques to warm ups, conditioning and cool downs. It also teaches the eight basic punches and explains effective use of boxing bags, floor to ceiling balls, round shields and focus pads. The DVD is presented by Punch CEO, Thai Certified Khru Bruce Townhill and Aerobics Oz Style presenter Taryn Polovin (Exercise Physiologist B.App.Sc). If you have done the Punch Pad course this is a great tool to touch up on your technique. Watch this space as you will soon be able to gain CECs online - call 02 9557 1717 to find out more.

SEE OUR
AD ON PAGE
69

Human Kinetics

Help your clients sculpt their physique. With full-colour, detailed anatomical illustrations of exercises, combined with step-by-step instructions, *Bodybuilding Anatomy* is the ideal resource to assist mass gain and muscle definition.

Focusing on the primary muscle groups of shoulders, chest, back, arms, legs and abdominals and targeting muscle zones and hard-to-work areas, *Bodybuilding Anatomy* can make the difference between bulking up and sculpting an award-winning physique. It also teaches how to modify exercise technique to influence results and individualise training programs according to your specific needs. This is the ultimate training guide for bodybuilders and dedicated strength trainers.

SEE OUR
AD ON PAGE
19

Reebok Deck and Double Grip Medicine Balls



The Reebok Deck is a revolutionary re-configurable exercise platform. This versatile, multi-purpose system can be used as an aerobic stepping platform, an incline/decline bench as well as a seat. It's perfect for Step focused cardio workouts as well as strength training and comes with an instructional DVD as well as a level 2 resistance tube. Take the initiative and couple this with Reebok's Double Grip Medicine Balls for a dynamic way to add resistance to your workout! As a Network member you can receive a massive 35% off recommended retail prices when you purchase these fantastic products at the Reebok Alliance website! Visit <http://alliance.reebok.com.au> for more details.

SEE OUR
AD ON INSIDE
FRONT
COVER

Integrity Strength Systems



Australia's own Integrity Strength Systems continues to be a fitness industry leader in the design and manufacture of commercial strength equipment. According to the head of the Integrity design team Ken Townsend, 'by constantly staying abreast of new fabrication technologies and modern design trends we believe our range will continue to present a modern alternative to the imported brands'. The extensive Integrity range continues to be characterised by stunning aesthetics, extreme durability and a host of user-friendly features, all of which combine to create products of the highest quality.

For more information on the stunning Integrity range phone 1300 666058 or visit www.integritystrength.com

SEE OUR
AD ON BACK
COVER