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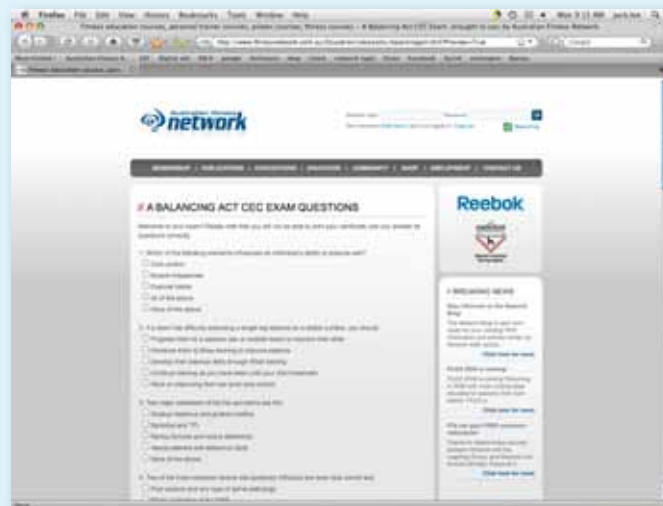
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CECs



PT NEWS AND LATEST RESEARCH

EXERCISE AND LIFE QUALITY IN POSTMENOPAUSAL WOMEN

A US study has shown that, even without the effect of weight loss, postmenopausal women's life quality can be improved by exercise.

Researchers from the Pennington Biomedical Research Center and Louisiana State University allocated 430 female subjects, with an average age of 57, to one of four groups; the first group was instructed to expend 4 kilocalories per kilogram (2.2 pounds) of body weight per week (4-KKW) through exercise; the second group expended 8-KKW; the third expended 12-KKW; and the fourth was a non-exercising control group.

Study author Corby Martin reported; 'Adherence to exercise was 95.4 per cent, 88.1 per cent, and 93.7 per cent for the 4, 8 and 12-KKW groups, respectively, and each group spent 73.9, 138.3, and 183.6 minutes per week exercising'.

The average weight loss in each of the groups was 1.34kg in the 4-KKW group; 1.86kg in the 8-KKW group; 1.34kg in the 12-KKW group; and 0.94kg in the control group.

'A dose-response effect of exercise on quality of life was noted for all aspects of quality of life except bodily pain. In addition, the 4-KKW group had significantly improved general health perception, vitality and mental health compared with the control group. All three exercise groups had

significantly improved social functioning compared with the control group' the study authors wrote.

The researchers continued; 'Our results indicate that improved quality of life can be added to the list of exercise benefits and that these improvements are dose dependent and independent of weight loss, at least among people similar to this study's sample. The exercise doses are easily obtainable and were well-tolerated by sedentary women, resulting in confidence that the exercise doses used in this study can be achieved by women in the community'. ■

Source: Archives of Internal Medicine

PT NEWS AND LATEST RESEARCH

EXERCISE IN YOUTH BENEFITS OLDER BONES

A recent Japanese study has indicated that adolescent girls who undertake weight-bearing exercises may improve their chances of maintaining stronger bones into old age.

The teenage exercise behaviours of 46 postmenopausal women, aged 52 or older, was recorded and looked at in relationship to bone mineral content and osteoporosis.

Study subjects who, in their youth, had taken part in weight-bearing exercise which was also low-impact, such as swimming, displayed significantly higher bone mineral content in the thigh bone and in the spine. The other study subjects reported having either played no sports at all in their youth, or having taken part in more high-impact sports such as volleyball or tennis that involved running or jumping.

The researchers from Suzuka University of Medical Science also recorded the weight-bearing subjects as having a larger outer femoral bone area, a feature which can help protect individuals from incurring fracture during bought about by pressure from movements such as bending.

An absence of participation in any weight-bearing exercises at the time of the study led the study authors to suggest that it was the subjects' exercise during their younger years which was helping them maintain bone strength more than 40 years later. ■

Source: *British Journal of Sports Medicine*



MODERATE WEIGHT LOSS FIGHTS METABOLIC SYNDROME

A study by US doctors has found that even a reasonably small weight reduction in people who are obese could help prevent further lifestyle-related health complications, including heart disease.

Study author Christie Ballantyne, director of the Center for Cardiovascular Disease Prevention at the Methodist DeBakey Heart and Vascular Center and Baylor College of Medicine, said, 'Obesity appears to be the central component of the metabolic syndrome. Our study has shown that weight loss of as little as 6.5 per cent in individuals with the disease results in substantial reductions in blood pressure, glucose, triglycerides and total cholesterol, all factors that lead to heart disease. These impressive results occur early in the weight loss, well before individuals even begin to approach their ideal body weight'.

Approximately 50 million people in the US have metabolic syndrome, the combination of risk factors that lead to heart disease, so the study results make for positive reading. The researchers found that every risk factor was positively affected by moderate loss of weight, and that three different drugs for glucose, blood pressure and lipids would have been needed to achieve the same results with medication. Further loss of weight also showed improvements in triglycerides and blood pressure. ■

Source: *IHRSA*



PT NEWS AND LATEST RESEARCH



WHAT I'VE LEARNT FROM OBAMA

Last month, as the summer holidays drew to a close in Australia and New Zealand, a huge event took place in the northern hemisphere. January 20 saw the inauguration of Barack Obama as the President of the USA. Much has been said of the implication of his election win and to be honest it will probably not affect how we deliver our training sessions! But I watched with interest over 2007 and 2008 as his campaign gathered momentum and observed some points that we could certainly use in our own businesses. So, here are six things I learnt from Obama.

1. As Steven Covey says, 'begin with the end goals in mind'. Throughout his campaign Obama acted with what appeared to an unwavering certainty that he would become the president and seemed to transcend the often petty aspects of political campaigning.

He always appeared and spoke with purpose and focus, seeming to concentrate on striving towards the big picture goal. He ignored perceived barriers and removed reasons he could not win – imagine the barriers he faced becoming the first black president of the USA who had spent some of his formative years in an Islamic country!

2. Obama appears to have good character traits. Confident, dedicated, humble, reliable, he seems very consistent and stable.

3. Priorities. During the last days of the campaign he took time off to visit his sick grandmother. His family is important to him and he keeps it as the fundamental priority in his life. The day after winning the election he took the day off to recharge and spend with his family. Compare this to our own Kevin Rudd winning the election in November 2007, when many commentators remarked on the frantic pace and the burnout within staffers.

As we tell our clients, 'if exercise is a priority, you can find the time'. During the presidential campaign, Obama rarely missed a workout, often rising for an early morning drive to a local gym. He kept up his regimen of daily workouts during his campaign is known to play regular games of pickup basketball. Everyone can find time to train – if it is important to them!

4. Planning. To win the electoral war of attrition that is the presidential system,



Obama had to draw on his political skills and left nothing to chance, strategically constructing an unrivalled battle plan. He established the end goals we looked at above and then made a solid plan to work towards these.

5. Use of technology. This was the first major election to use the 'new technologies' that have exploded in the last 2 to 3 years; web 2.0 and its associated user-driven content, social networking, PDAs, Blackberries and iPhones. Text messaging, YouTube, MySpace and Facebook became tools in his political toolkit. While many of these are designed for social use he turned them into powerful business tools.

6. Feedback. During the election campaign Obama's team submitted a detailed online survey to millions of supporters asking for their feedback to 'help shape the future of this movement'. In it, Obama asked the voters for their opinion on what he needed to do to be a good president. The e-mail read, 'Share

your experience and your thoughts on the best way to keep supporting our agenda for change' and included a link to the four-page survey (which is also available at my.barackobama.com/whatsnext) which asks such questions as 'How would you like to see this organisation move forward in the months and years ahead?'

Have you ever asked your clients what makes a good trainer?

Consider these points and ask yourself, 'How can I use these in my personal training business in 2009?' and 'What impact would these have for me as a trainer and a person?' ■

Andrew Verdon, Dip. Ex Sci
Andrew owns a successful personal training studio in Sydney. He combines a business background with over a decade of hands-on experience in the fitness industry. He also held the position of strength and conditioning coordinator for the 2004 and 2008 Australian Olympic sailing teams. For more information, call 02 9908 2499 or visit www.beyondstudio.com.au

NUTRITION NEWS



EATING WITH RESTRAINT ADVISABLE FOR OLDER PEOPLE

The idea of eating less to improve health is not an original one, particularly in the case of overweight and obese people, but recent research findings from the US indicate that eating less is particularly beneficial to those in older age.

Researchers from Brigham Young University studied the lifestyle, health and eating habits of 192 middle-aged women over a three year period. Analysis of the data compiled during the study showed that subjects who did not exercise more restraint while eating had a 138 per cent increased likelihood of putting on 3kg or more.

Lead study author and professor at Brigham Young University, Larry Tucker, said 'Some suggest that restrained eating is not

a good practice. Given the environmental forces in America's food industry, not practicing restraint is essentially a guarantee of failure'.

Commenting on the study and its findings, Columbia University researcher Lance Davidson, who was not involved in the study, said 'Because the body's energy requirements progressively decline with age, energy intake must mirror that decrease or weight gain occurs. Dr Tucker's observation that women who practice eating restraint avoid the significant weight gain commonly observed in middle age is an important health message. Weight gain and obesity bring a greater risk of diabetes and a number of other chronic diseases. Eating properly is a skill that needs to be practiced'. ■

Source: *American Journal of Health Promotion*

PARENTS DELUDE THEMSELVES ABOUT YOUNG KIDS' LIFESTYLE HABITS

A recent US study has shown that children's eating and exercise habits often elude parents, even those who may think they keep close tabs on what, and how, their offspring eat.

In a joint study which questioned 172 mothers, researchers from the University of Tennessee and Brown University Medical School reported that mothers of preschool-aged kids believed their children to eat well and get adequate amounts of exercise, while mothers of older children voiced a less positive opinion. When the nutrition and physical activity levels of the children were actually monitored by the researchers,

however, little difference was noted between the two age groups.

Study author Hollie Raynor, said 'Although preschool-aged children engaged in more healthful behaviors according to parent recall, the preschool-aged children only met 2 dietary recommendations, fruit and low-fat dairy intake. All other parent-reported eating and leisure-time activity patterns did not meet current recommendations'.

Raynor continued, 'Surprisingly, other than fast-food consumption, this study found few parent-reported eating and leisure-time behaviors related to weight status, which may be a consequence of the overall poor diet quality and relative inactivity reported in this diverse sample. Thus, interventions designed to help



children meet dietary and leisure-time activity recommendations should begin by assisting parents with preschool-aged children in developing skills to provide the structure and the environment necessary for their young children to develop healthful lifestyles'. ■

Source: *Journal of Nutrition Education and Behavior*

OBESITY RESEARCH FOCUSES ON APPETITE CONTROL

American researchers have reported apparently positive advances in the quest for obesity treatments.

Focusing on the area of appetite control, researchers reported success in coaxing the brains of obese mice to produce leptin, an appetite-controlling hormone. Study co-author Dr Umut Ozcan, assistant professor at Harvard Medical School, said, 'It's very exciting, because leptin was being talked

about as a dead end, that it will never work'.

Ozcan noted that it had previously been thought that leptin could control eating urges in obese people, when administered in suitably high doses. However, it had become apparent that people were immune to the hormone's effects; 'Leptin comes to the brain and knocks on the door, but the brain doesn't hear it' Ozcan said.

Not to be deterred by these previous findings, Ozcan co-led a new study into leptin and found that two existing drugs,

4-phenyl butyric acid (PBA), used to treat cystic fibrosis, and tauroursodeoxycholic acid (TUDCA), used to treat liver disease, could behave as 'chemical chaperones' which assist leptin with gaining entry into the brains of mice; 'They're very safe drugs in humans and used safely for other indications' said Ozcan. The ability of the drugs to have the same effect in humans, however, remains to be seen. ■

Source: *Cell Metabolism*

CLUB CORNER

ANYTIME, ANYWHERE... INCLUDING DOWN UNDER

Anytime Fitness, the largest co-ed fitness club franchise in the world with nearly 1000 clubs now open, has opened its first two Australian clubs and has 20 more scheduled to open in 2009.

'Our goal is to open 350 clubs in Australia and New Zealand within the next five years' said Jacinta McDonell Jimenez who, along with her brother Justin McDonell, is a master franchisee for Anytime Fitness; 'We recognised that this business model was fulfilling an important need in the United States. We want to do the same thing here'.

The need being met, according to Jimenez, is clean, safe and relatively

inexpensive fitness clubs, featuring top-of-the-line equipment, located in medium and small-sized communities that don't have a lot of other fitness options.

'Our clubs are friendly and non-intimidating. We cater to people who are looking for a nice, neighborhood fitness club, but who don't necessarily want to hang around the gym because they simply don't have the time' said McDonell.

Open 24 hours a day, 365 days a year, Anytime Fitness has 800,000 members and expects to achieve system-wide sales in excess of US\$100 million in 2008. In February 2008 *Entrepreneur* magazine ranked Anytime Fitness the 13th fastest-growing franchise of any type in America and *Franchise Times*

magazine ranked Anytime Fitness 35th on its 'Fast 55' list of new franchises. For the fourth year in a row, *Fitness Business Review* has given Anytime Fitness its top rating and an FBR 50 Franchisee Satisfaction Award.

The Anytime Fitness club in Gunnedah (population 7,000) signed up over 200 members within two weeks of opening, and franchisees have purchased the rights to open 20 additional Anytime Fitness clubs in Australia. More clubs are slated to open in the coming months in Sydney City, Muswellbrook (NSW), Belmont (NSW), Braybrook (VIC), Mandurah (WA), Campbelltown (NSW) and Adelaide (SA). ■

Source: Anytime Fitness



IHRSA REPORTS MODERATE REVENUE GROWTH IN US CLUB SECTOR

The International Health, Racquet and Sportsclub Association (IHRSA) recently announced the release of the IHRSA Third Quarter Index, which demonstrates the financial performance of the commercial health club industry in the US. The survey of 17 leading US health and sports club companies, representing a total of 200 facilities, determined that commercial health club financial performance has slightly improved for the third quarter ending 30 September 2008, compared to the same period last year.

The IHRSA Index reports that health club companies maintained performance from third quarter 2007 to third quarter 2008 in company sales by an increase of 1 per cent. This moderate growth was led by an increase in membership dues, 3.8 per cent from third quarter 2007 to third quarter 2008, while non-dues revenue held at 0.1

per cent during the same periods. Total membership accounts also increased by 1.5 per cent over third quarter 2007.

Clubs were able to maintain EBITDAR (Earnings before interest, taxes, depreciation, amortization and rent.) as a per cent of total revenue from third quarter 2007 to third quarter 2008 to 31 per cent. Despite this steady performance in per cent of total revenues, total EBITDAR dropped 3.9 per cent from \$1.43 million in third quarter 2007 to \$1.38 million in third quarter 2008. 'It is a concern that expenses appear to be creeping up for clubs within this sample while the country is in the midst of a recession. We will look to the fourth quarter Index (which) should shed more light on club expenses' said Katie Rollauer, IHRSA's senior manager of research.

Same-store revenue experienced marginal growth during this time frame. Same-store total revenue increased slightly to \$5 million, or an increase of 1 per cent from third quarter 2007 to third quarter 2008. Again, this growth was fuelled by

same-store membership revenue increasing to 1.4 per cent over third quarter 2007, while same-store non-dues revenue increased a negligible 0.8 per cent, over third quarter 2007. Same-store total membership accounts also increased by a modest 0.6 per cent over third quarter 2007. 'It is most likely that improved performance for some companies has been due to new club openings and entrance into new consumer markets, while mature sites have experienced more moderate growth, potentially attributable to increasing dues prices, compared to third quarter 2007' reflected Rollauer.

Clubs are still reporting, on average, 28 per cent of total revenues being generated from non-dues sales. 'It is encouraging to see that clubs are successfully selling non-dues related items such as personal training, apparel, tennis lessons, etc. even when consumers are tightening their discretionary spending' said Rollauer. ■

Source: IHRSA

ANNOUNCEMENTS

URBAN ADVENTURE RACES HIT OZ

Australian cities will again be transformed into adventure playgrounds with the return of the Nokia City Chase, part of the world's largest urban adventure series.

This March hundreds of excitement-seekers will race to find ChasePoints scattered in hidden locations throughout the city. Each event starts with teams of two receiving a clue sheet detailing a variety of physical, intellectual and humorous challenges designed to push comfort zones.

To conquer the 4 to 6 hour urban event, teams will run, walk and use public transport to navigate their way through the city. The first team to complete the required ChasePoints and cross the finish line wins – but it's not only the destination it's all about the journey; people enter to experience the excitement of the event.

Past adrenaline-fuelled challenges have included eating a live worm in Centennial Park; using a Volvo car to drive a giant sized soccer ball in between goal posts at Circular Quay; running through the Hyde Park on stilts; holding deadly snakes and spiders at the Observatory; hunting for mystery clues by the Opera House; playing strip tennis by the Harbour Bridge; self-navigating through the city using GPS systems ... and much more.

It's up to each team the order in which they visit each 'ChasePoint', but a little

strategic route planning, resourcefulness, determination and the ability to make decisions on the fly can help as they run, walk, hop and use public transport to navigate their way through the city.

The City Chase provides a great opportunity for both fitness fanatics and couch potatoes to try something new, add some adventure to their lives and experience some out-of-the-ordinary activity. It's also an ideal way to have heaps of fun with like-minded people and make new friends; 'You will always see laughter and high-spirits from everyone involved, interacting and having fun; from the event organisers, to the volunteers, staff at the 'ChasePoints' to the contestants and passers-by in the street' said Chelsea Spindler, event director.

The event is also a brilliant way of raising money for charity, with funds going to The Starlight Foundation, The Spastic Centre and Berry Street www.berrystreet.org.au The City Chase is open to everyone aged over 18, and you don't have to audition or train for it – just register, show up, wear a smile and be prepared for an adrenaline-filled day.

Taking place in Sydney on Saturday 7 March and in Melbourne on Saturday 14 March the chase starts at 10am and wraps up at 4pm, and is followed by an after-party.

To enter, simply team up with a buddy, partner or colleague, give yourself a quirky



team name and register online at www.citychase.com.au (Early Bird tickets are \$150 per team, available to purchase until one month prior to the event. After this time, standard ticket price: \$175 per team).

The winning team from the Melbourne and Sydney events will receive an all-expenses paid trip to compete in the Australian Championship in Auckland. The victors will be invited to represent 'Team Australia' at the 2009 World Championships against over 30 cities at a secret international location. Australian winners also receive a Nokia handset, and a range of other gifts. ■

Source: Polkadot PR

POWER PLATE® MACHINES GET NEW LEASE OF LIFE

Two successful Aussie businessmen, until recently residing in the UK, have relocated to Australia to take on the distribution of Power Plate® machines and maintain the brand's reputation as experts in Acceleration Training™ exercise. Their new venture, En_Core Fitness Solutions will be officially launched at the Australian Fitness Expo at Sydney's Darling Harbour this April.

As brand leaders in the vibration training market, the Power Plate® machine offers huge potential for the many different sectors it can be used in. Both Adam Smith and Greg Minefos, the two directors of En_Core Fitness Solutions Pty Ltd, recognised this potential and are now keen to maximise sales opportunities in Australia.

They will showcase the full range of Power Plate® products and demonstrate group training sessions on stand Q7 at the Expo

which is being held between 17 and 19 April.

Greg Minefos has a broad knowledge of business and finances, having trained as a Chartered Accountant and worked at The Royal Bank of Scotland. He has also been a part-owner of a personal training studio, giving him the relevant background and experience for working within the fitness industry.

Greg said 'Our aim is to increase awareness of Power Plate® Australia amongst people in the fitness industry. Overseas we have seen the impact that Power Plate® machines have had in gyms, beauty salons, spas and dedicated studios. It has definitely helped attract and retain members and we are keen to ensure that Australian business owners can benefit from this as well'.

Adam Smith has extensive experience in business and manufacturing and was the business advisor for Maximuscle, the UK's number one sports nutrition business. He said, 'We are very excited about exhibiting at



Fitness Expo as we feel we will be reaching the right target audience for Power Plate® machines'.

He added, 'With the added benefits of Acceleration Training™ exercise knowledge,

ANNOUNCEMENTS

personal trainers and gym instructors will be able to increase their income and club owners will see a quicker return on their investment due to the increase in number of members'.

Developed to optimise the effects of Acceleration Training exercise, Power Plate® machines work by transferring vibrations to the muscles in the body, causing them to contract in a reflex action. Different parts of the body are put in contact with the platform, and a pose is held for up to 60 seconds, activating multiple muscle groups simultaneously to stretch tone or strengthen.

This form of exercise is low impact and gentle, enabling anyone, regardless of age or fitness levels, to benefit without putting strain on joints or other parts of the body. Regular training helps improve muscle strength, tone and flexibility, as well as helping to reduce cellulite and improve the complexion.

To further increase awareness of the Power Plate® machine in Australia, Scott Hopson, head of training and education, will be leading a Core Fundamental Level 1 PT training course on Thursday 16 April to introduce personal trainers and fitness

instructors who will be in town for the FILEX Convention and Expo to the Power Plate® phenomenon. He will then be hosting two further presentations during the FILEX Convention, one for personal trainers and one for sports trainers, both involving a 90-minute lecture and practical hands on workshop.

Power Plate® machines are already available to use at select independent studios and Virgin Active clubs in Australia, for further information e-mail Power Plate International at sales@powerplate.com or visit www.powerplate.com ■

CLEAN UP AUSTRALIA

Australians generate almost 32 million tonnes of rubbish each year – that's about 1.5 tonnes from each and every one of us and, per person, ranks us as the second highest producers of waste in the world.

We are pretty good at recycling, but half of the rubbish we produce is still heading to landfill, which we are fast running out of space for, or is being dumped in the environment.

We can all do our bit to make a difference. The next Clean Up Australia Day is on Sunday 1 March – the perfect time to get out and lend a hand to help clean up your local environment.

You can register for Clean Up Australia Day at www.cleanup.org.au or by calling 1800 CUA DAY (1800 282 329).

As well as getting involved in Clean Up Australia Day, here are five easy ways to help reduce your impact on the environment all year round – pass them on to your members and clients.

1. DITCH THE BOTTLED WATER, REFILL YOUR OWN

Save money and the environment by avoiding bottled water. You won't just be reducing the 2.7 million tonnes of plastic used worldwide each year to make bottled water, but you can also save as much as \$1,000 simply by refilling bottles with tap water.

2. THINK 'REUSE, REDUCE AND RECYCLE'

Avoid the long term cost of disposable items like plastic cups by investing in the real thing, and go for rechargeable batteries instead of single-use to cut down on waste.



3. RENT EQUIPMENT OR SHARE WITH FRIENDS TO SAVE ENERGY

Before you rush out to buy that new piece of equipment, ask yourself if you really need it. Rent or borrow equipment you may only use a few times or buy them second hand. You'll save money and reduce the amount of rubbish created.

4. GET A FREE TRAINING SESSION – RUN TO WORK

Transport is Australia's third largest source

of greenhouse gas emissions. Reduce your emissions footprint, and your fuel bill, by running or walking to work, the shops or to the gym.

5. GET INVOLVED IN CLEAN UP AUSTRALIA DAY ON SUNDAY 1 MARCH

Register a Clean Up Australia Day site or volunteer at a site by visiting www.cleanup.org.au or by phoning 1800 CUA DAY (1800 282 329). ■

Source: Essential Media Communications

ANNOUNCEMENTS

WALKIES! POUND THE PAVEMENTS FOR THE MILLION PAWS WALK

The Million Paws Walk is the RSPCA's major national fundraiser. Every year in May over 60,000 people and 25,000 dogs hit the pavement to raise much needed funds for the RSPCA. It's a fun day out for the whole family and helps the RSPCA extend a helping paw to animals in need.

WHEN: Sunday May 17, 2009

WHERE: There are 70 walks around Australia and one in every capital city – visit www.millionpawswalk.com.au for locations or contact your nearest RSPCA.

WHY: Last year the number of animals cared for by the RSPCA in Australia reached a 15 year high and cruelty complaints jumped by

more than 15 per cent. That's 161,994 dogs, cats, horses, goats, pigs, rabbits, guinea pigs, ferrets, turtles, chickens, birds, sheep, kangaroos, possums, wombats, koalas (to name just a few!) seeking refuge in our shelters and 49,494 complaints of cruelty and neglect investigated by our inspectors. 98 per cent of the RSPCA's national funding comes from public donations and fundraisers like the Million Paws Walk. That's why your support is so important.

HOW: From March you can register online at www.millionpawswalk.com.au. You can also start a fundraising page for your pooch and get your friends and family behind you! There are great prizes to be won, and it's a great social way to get outside and exercise while helping our four-legged friends! ■



BOOK REVIEW

Book title: *Training for Speed, Agility & Quickness, 2nd Edition*

Authors: Lee E. Brown & Vance A. Ferrigno (Editors)

Reviewed by: Peter Lawler

RRP: \$34.95 (Network members: \$31.90 if purchased online at <http://www.fitnessnetworkcentre.com/products/showproduct.cfm?isbn=0736058737>)

This book was first published in 2000 by Human Kinetics and it brought to the world the SAQ methodology and equipment. It introduced 180 drills that could be used to develop speed, agility and quickness. Eleven authors were engaged to write the chapter theory and describe the drills. The illustration were drawings; some were inept.

Enter stage left the second edition, the 2005 version. The authors are essentially the same, the text the same, the drills have swelled to 195, the drawings are now photographs and there is a bonus DVD that is simply superb. At \$34.95 (\$31.90 for Network members) this book and DVD are a bargain!

The 258 pages contain six chapters, the first being the obligatory primer on muscle physiology, and the second a series of simple tests to assess an athlete's status before prescribing a program. Chapter 3 focuses on speed and the science behind speed development. The remaining chapters comprehensively attend to lateral cutting,

backwards running and sundry manoeuvres that the fit and healthy engage in.

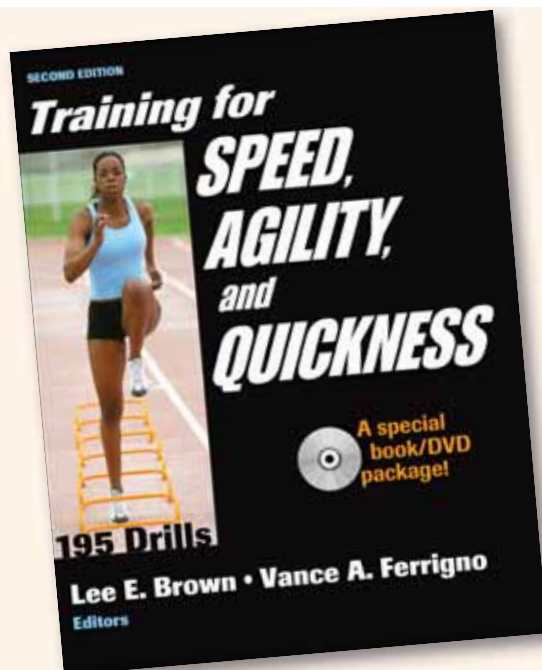
While the text offers 195 drills, the DVD contains 68. There is a drill a page with a crisp description of purpose and procedure. For the god speed, fifty drills are offered in the book, with 18 demonstrated on the DVD, including lots of ladder drills at which firemen should excel.

The agility chapter is massive. Here, photographs diminish for grid drawings of challenging agility work. A menu of 55 drills is featured, utilising the ladder, cones, and the occasional medicine ball. Equipment required is meagre – thus enhancing their value and portability.

The balance chapter is austere, with five options, while the quickness chapter is swollen with 53 drills presented to develop quickness and another 30 for Reaction Time (RT). What is the difference between speed and quickness you may well ask? Good question! Let the authors explain:

"Speed, rapidity and instancy are the words that are used in defining quickness. All these terms refer to the rate of movement of an object, or the measurement of the distance it has travelled in a certain amount of time." (pp 137)

I would seriously doubt from this definition that you are any wiser. Let the reviewer add another feature: multidirectional movement, be it running,



jumping, turning, or retreating as fast as possible. Again equipment demands are meagre – medicine balls, skipping ropes, partners, ladders, Swiss Balls and plyometrics.

For those who lack confidence in program planning, chapter 6 offers sample SAQ programs of six weeks duration for a multitude of sports including tennis, volleyball, karate and football, with 16 sports in total. ■

RECOMMENDED WITHOUT RESERVATION. GREAT VALUE.