



FITNESS COURSES

2010

Results Producing Exercises you Have Never Tried

Looking to spice up your exercise programs – then why not become the results producing renegade trainer in your organisation?

Come and experience 15 unusual upper body, lower body and torso exercises that athletes and strongmen have used for decades to condition their bodies to look and perform at their best. Warning: using these exercises in your gym may attract a crowd of spectators and potential personal training clients who want variety in their training programs also. Application of the information contained in this course may also see you gain a reputation as a “renegade trainer”.

Seize this chance to be coached through 15 exercises not commonly performed in the gym these days by one of Australia's leading health and fitness experts who has achieved excellent results with hundreds of clients and continues to keep informed with what the world's leading Strength and Conditioning coaches and Body

Transformation specialists are doing in the “real world”. Aaron will resurrect some old favourites, as well as explore some new manoeuvres to ensure you learn how to use these unusual exercises with your clients, to reach new levels with their training.

If your programs are lacking a bit of “spice” then you would benefit from attending the Results Producing Exercises you Have Never Tried workshop.



You can expect to learn...

1. Exercises that are “outside the box” of those typically used in the gym
2. Movements that will gain the attention of clients and “spectators” alike
3. Variety of Exercise choice
4. How to gain the reputation as a trainer with an uncommon knowledge of exercises
5. A point of difference over average trainers
6. Use the exercises shown for either strength, muscle mass or energy system development
7. How to become the results producing “renegade trainer” in your organisation.

What you earn...

This workshop is worth 1PDP/3CECs.

What people are saying about Career Fitness?

“ My experience with Career Fitness has been exceptionally Positive... I have been able to provide quality Exercise Programs to our members, as well as, a greater level of customer service.”

Rosa Bunn

“I found the Exercise Programming classes to be very insightful in regard to the experience you have and the practical tips that you passed on that a resource book will never teach.”

Gavin Holland



Program Presenter – Aaron Whear

After completing a Bachelor of Applied Science (Physical Education) degree, Aaron began his career in the fitness industry as a gym instructor in 1992. He quickly moved his way up the ranks firstly as a personal trainer and then as a gym manager. It was during his role as a gym manager that Aaron realised there was a gap between what gyms required from employees and what training providers were delivering to students. This led to his move into Fitness Leader education and a strong desire to help bridge the gap between education and what is required in the “real world” as a fitness instructor.

Aaron now runs Career Fitness, a consulting company based in Melbourne. Career Fitness partners with the Centre for Adult Education (CAE) to deliver the Certificate III and IV in Fitness as well as a wide range of CEC/PDP point courses. Career Fitness also offers a mentoring and coaching service that shows health and wellbeing business owners how to improve business efficiencies and profitability based on his philosophy of the “game plan”.

Results Producing Exercises You Have Never Tried Course Details:

Date: Saturday 31st July 2010

Time: 1.30pm – 4.30pm

Venue: Richmond Recreation Centre

Price: \$105.00

Order Form Fax back to 1300 484 418

- Please enrol me in Results Producing Exercises You Have Never Tried Course for \$105.00
Career Fitness Members FREE.

Payment details

- Charge my credit card (details listed below) with the total amount
 I will transfer the total amount to BSB 063-622, Ac No: 10340773, Reference: Exercise Never Tried – Your Name
 Pay the total amount by cheque payable to Career Fitness Pty Ltd

Name: _____

Card Type: VISA Mastercard

Company: _____

Card Number: PLEASE PRINT CLEARLY

Address: _____

Suburb: _____ Postcode: _____

Name on Card: _____

Phone: _____

Expiry Date: _____ CVN: _____

Fax: _____

Email: _____

Signed: _____

Conditions: This program is non-refundable

Career Fitness

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