

### Physical Company Master Trainers

**Greg Sellar** Greg is an Australian-born international presenter with training and workshop experience in over 25 countries worldwide. He is the Managing Director of GRAVITY UK and a sponsored Team JB presenter with JUMPYBUMPY and the Physical Company. He runs his own website GREGSELLAR.COM through which he markets his training products and workshops as well as corporate training solutions for major blue chip companies.

**Kelly Edwards** Kelly currently works for GRAVITY UK and Physical Company as a Master Trainer for their many programmes and products. After beginning her fitness career travelling the world for Steiner, Kelly settled into her managerial roles for both the David Lloyd and Esparta chains. Having received recognition for 'Club of the Year' at David Lloyd, Kelly went on to forge a successful training background nationally. She now runs and markets her own 'Bootylicious' outdoor bootcamp workouts which have received widespread media attention in the UK.

**Dave Bland** Dave currently divides his time between personal training, lecturing for Future Fit Ltd and writing educational/fitness and review articles for two monthly publications. His 15 years experience has seen him assist aspiring athletes to train for county, national and international competition, as well as help individuals through rehabilitation for spinal injury, back pain and movement disorders. Not one to stand still, Dave is currently developing a number of products for fitness and rehabilitation, and expects to see his first accredited training manual published in early 2010.

### Kettlebell 4hr Workshop - with George Anderson

**Saturday 16th January 2010 – 9am – 1pm, (4 hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £70.00



This 4 hour workshop aims to provide you with an understanding of how to use Kettlebells with your clients. Technique is extremely important when using Kettlebells with others, so understanding how to use them correctly is vitally important in order to avoid injury and to maximise results. The workshop covers the theory behind Kettlebell use, basic techniques with core exercises and then moves onto advanced exercises.

**T\_KB**

### Gliding 2hr Back to Basics Workshop - with Kelly Edwards

**Saturday 16 January 2010 – 2pm – 4pm at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance and a free pair of Gliding Discs – value £11.95) - £50.00



Come experience the latest in total body strength training and fresh cardio alternatives with the Gliding Sliding Discs Exercise Programme. This two-hour workshop will cover all the basics of Gliding and provide the tools needed by a Gliding trainer. Learn exercises for every major muscle group and get routine ideas for a variety of workouts. Gliding transforms traditional exercises allowing for engaged full body effort from start to finish, it's hard to believe that such a simple piece of equipment can produce such graceful power. Try new variations of staple exercises to include integrated muscle conditioning, flexibility, core training and stability workouts that can immediately be introduced to clients and classes.

**T\_GW**

### GRAVITY Personal Training®

**Saturday 30th January 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

**Saturday 8th May 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

**Saturday 18th September 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

**Saturday 4th December 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

This course covers movement execution for the Complete GTS® Library Series which includes more than 80 incline GRAVITY resistance training exercises taught on the GTS®. Learn GRAVITY® technology and effective body weight resistance training techniques, use of force angles, three-dimensional movement and programme expansion for training multiple clients simultaneously.

**T\_GPT**



### GRAVITY Pilates Training®

**Sunday 31st January 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

**Sunday 9th May 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

**Sunday 19th September 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

**Sunday 5th December 2010 – 10am – 5:30pm (7.5hrs) at Physical Company Studio, High Wycombe**  
(Includes Notes, Certificate of Attendance) - £189.00

Take your Mat and/or Reformer Pilates certification to the next level as you learn the biomechanics of Pilates on the GTS®. Learn how to integrate principles of alignment, breath and core control with confidence and proficiency in an environment that can help your clients achieve success and personal esteem immediately.

**T\_GPIL**



### BOSU® 8hr Foundation - with Greg Sellar

**BONUS COURSE CONTENT – FEATURING 1 HOUR BOSU® BALLAST BALL TRAINING!**

**Saturday 20th February 2010 9am – 5pm (8hrs) at Physical Company Studio, High Wycombe - £95.00**  
(Includes Notes, Certificate of Attendance and 10 REPS points)



This course is designed to provide both the personal trainer and the group fitness instructor, with the foundational tools required to introduce BOSU Balance Training into client's programmes and studio classes. During this interactive workshop the history, science and marketing opportunities of the BOSU Balance Trainer, together with its practical application in the one to one and group fitness arenas will be covered. The day will culminate in a multiple choice theory exam paper and practical assessment, giving each individual attendee valuable feedback.

**T\_BOSUF**

**Pilates Triple Day - our most popular Workshops!** with Julie Burfoot

Saturday 22 May 2010

at Physical Company Studio, High Wycombe

Attend One Workshop as below. Attend Two Workshops - **Save 5%** Attend Three Workshops - **Save 10%****T\_PTD** (code for the full day)**Pilates & X-Band Workshop**

10.00am to 12.00am (2 hrs) - £40.00 (Free product included - value £7.00)

Would you like to add variety to your Pilates Class and introduce your clients to the X-Band (similar to Flex Band and Dyna Band). Come along and gain more mileage from your class participants - keep them coming back for more!

**T\_PXB****Pilates Arms & Legs Workshop**

12.30pm - 2.30pm (2 hrs) £45.00 (Free product included - value £15.00)

This new 2 hour workshop includes the Pilates Power Rings showing how to create toned arms and lean legs whilst utilising the core. Workshop is suitable for both group fitness instructors and personal trainers.

**T\_PXL****Pilates Body Rolling Workshop**

3.00pm to 5.00pm (2 hrs) £45.00 (Free product included - value £13.00)

This new 2 hour workshop using new Weighted Soft Balls helps to create lean muscles, strengthens and stretches the muscles, helps to create good posture and alignment, helps increase flexibility using pilates based exercises. Workshop is suitable for both group fitness instructors and personal trainers.

**T\_PBR****Elastic Resistance Training 8hr Foundation - with Dave Bland**

19th June 2010 10am - 6pm (8hrs) at Physical Company Studio, High Wycombe - £95.00

This one-day workshop will provide the personal trainer, circuit and exercise to music instructor with the theory and practice of implementing elastic resistance in a one-to-one or group setting. We will examine techniques which begin by emphasizing isolation of specific joints - before introducing various compound and complex progressions. This course will provide you with numerous examples to help expand your current repertoire of corrective, rehab, strength & endurance and power based exercises, as well as offering a number of training protocols to help your clients improve strength, tone muscle, increase flexibility and shed body fat. We will make use of X-Band Strips, X-Band Loops, X-Tubing, Interchangeable X-Tubing with attachments, X-Cuffs and the X-Bar in traditional environments. The workshop then shifts gear to working with fixed anchor points and partner anchoring.

**T\_ERT**

Physical Company provides all attendees with a comprehensive workshop manual and a certificate of attendance. Equipment and resources (DVDs, books, charts, etc) can be purchased in advance and collected on the day, providing savings through the special training day offers and elimination of carriage costs.

Cancellation Policy: Cancellations up to 14 days prior to the course / workshop will receive a full refund, less an administration charge. Cancellations giving less than 14 days but more than 7 days notice will receive a 50% refund. Unfortunately cancellations giving less than 7 days notice cannot be refunded either in part or full. However, a credit of 50% can be carried forward to the same course / workshop on the next available date. An administration fee of £5 will be incurred for each of the above.

\*Training Day Offers are only applicable to equipment collected on the day of the workshop. All prices quoted inclusive of VAT. The title in the goods shall remain with Physical Company Ltd until payment in full has been received. Standard Conditions of Sales apply.

**Workshop Booking Form**

Please complete the booking form below (one booking form per person, please photocopy the form should more than one person wish to attend):

Name Address Postcode Tel No (daytime) Mobile No Email 

<b>Kettlebell 4hr Workshop</b> (High Wycombe, 16-1-10)	<b>£70.00</b>	<input type="checkbox"/>
<b>Gliding 2hr Back to Basics Workshop</b> (High Wycombe, 16-1-10)	<b>£50.00</b>	<input type="checkbox"/>
<b>GRAVITY Personal Training®</b> (High Wycombe, 30-01-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>GRAVITY Pilates Training®</b> (High Wycombe, 31-01-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>BOSU® 8hr Foundation</b> (High Wycombe, 20-2-10)	<b>£95.00</b>	<input type="checkbox"/>
<b>GRAVITY Personal Training®</b> (High Wycombe, 8-05-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>GRAVITY Pilates Training®</b> (High Wycombe, 9-05-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>Pilates Triple Day (£130 less 10%)</b> with Julie Burfoot (High Wycombe, 22-05-10)	<b>£117.00</b>	<input type="checkbox"/>
<b>Pilates &amp; X-Band Workshop</b> with Julie Burfoot (High Wycombe, 22-05-10)	<b>£40.00</b>	<input type="checkbox"/>
<b>Pilates Arms &amp; Legs</b> with Julie Burfoot (High Wycombe, 22-05-10)	<b>£45.00</b>	<input type="checkbox"/>
<b>Pilates Body Rolling Workshop</b> with Julie Burfoot (High Wycombe, 22-05-10)	<b>£45.00</b>	<input type="checkbox"/>
<b>Elastic Resistance Training 8hr Foundation</b> (High Wycombe, 19-06-10)	<b>£95.00</b>	<input type="checkbox"/>
<b>GRAVITY Personal Training®</b> (High Wycombe, 18-09-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>GRAVITY Pilates Training®</b> (High Wycombe, 19-09-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>GRAVITY Personal Training®</b> (High Wycombe, 4-12-10)	<b>£189.00</b>	<input type="checkbox"/>
<b>GRAVITY Pilates Training®</b> (High Wycombe, 5-12-10)	<b>£189.00</b>	<input type="checkbox"/>

**Total payment enclosed**£ I enclose a cheque/money order Please debit my credit card: Visa  MasterCard  Switch  Electron/Solo Card no Valid from  /  Expiry date  / Issue no  Security no Signature 

Please return form(s) and payment to: Physical Company Ltd, 2a Desborough Industrial Park, Desborough Park Road, High Wycombe, Buckinghamshire, HP12 3BG or fax 01494 769 333. Alternatively, call 01494 769 222 or email sales@physicalcompany.co.uk with credit card details to hand or visit our website www.physicalcompany.co.uk

To order call **01494 769 222** or log onto our website **www.physicalcompany.co.uk**

Please see back cover for more details. Please note all prices exclude VAT.