



exercise institute

Client Information

info@exerciseinstitute.com.au

Please complete the following information, and return via EMAIL :

Do you have any health conditions that could prevent you from exercising to maximal intensities?

Have you had any major surgery in the past 5years?

Please disclose any information pertaining to your health and fitness that could prevent you from exercising intensively.

If you answered yes to any of these questions please consult a doctor prior to exercise.

For the use of the indoor training equipment please provide the following:

Name:

Email:

Age:

Weight:

Threshold Power/pace:

Maximum heart rate:

Training Peaks Username:

Training Peaks Password:

Strava Username:

Strava Password:

Pedal system:

Riding Height (optional), Bottom Bracket to top of Seat centre:

Please do not hesitate to contact us if you have any further queries.
Thank you, from the team at exercise institute!

Brad Hall

B.Sc. (Psy & Sport Sc.); B.Psy (Hons)

Assoc.MAPS

AMESSA

training@bradhall.com.au

0424894483