



exercise institute

Specific Training Programming

We are pleased to announce tailored ergo training indoors at our new facility in West Perth, Suite 1, 1010 Wellington Street

What you get:

1. A Vo2 ramp power test to establish baseline fitness characteristics
2. Development of a tailored ergo activity set each week based on the above baseline test, tailored meaning of your own fitness level NOT that of another's.
3. Explanation around how the program is implemented to ensure your adaptation is guaranteed.
4. A post exercise Vo2 ramp power test to measure the increase in fitness across the period.
5. 6 weeks of ergo training 1 or 2 days a week! Sessions occur Tues or Thursday evenings either 4pm or 530pm for approximately 1.5hrs. Please bring your own bike and cycling gear.

Why do indoor 'ergo' training?

1. You are tucked away from the elements
2. It is safe, no cars
3. The training intensity is 100% tailored to your own fitness levels NOT that of another's
4. Everyone finishes together as a group
5. We guarantee fitness improvements across the program, we will even be able to show you week to week how this occurs.

Costing:

- One session a week including 2x testing and weekly training programming for the ergo session to your ability over a 6week period \$180
- Two sessions a week including 2x testing and weekly training programming for the ergo session to your own ability over the 6week period \$270

*Current HCT clients will receive a 10% discount on this program

SPOTS ARE VERY LIMITED SO PLEASE RESERVE EARLY. GET A FRIEND AND GET TOGETHER!!!

Please email training@bradhall.com.au

I hope we get to see you at our new facility!

Kind regards,

Mel Robinson, Jess Allen, Sam Davis, Mike Fitzgerald, Anthony Giacoppo & Brad Hall