

The Works

The Basic

The Kickstart

INITIAL ASSESSMENT

CONSULTATION

Medical history

EXERCISE TESTING

Resting and Stress ECG
Exercise Stress Test (VO2 max)

BODY COMPOSITION

Weight | Waist Circumference
DEXA Scan

BLOOD TESTS

Cholesterol and Blood Glucose

STRENGTH TESTING

Chest | **Lower Back** | Legs

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STRENGTH TESTING

Chest | Legs

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BODY COMPOSITION

Weight | Waist Circumference

PROGRAMME

TAILORED EXERCISE PRESCRIPTION

36 CEP monitored
exercise sessions
**Recommended
to be used over
12 WEEKS**

18 CEP monitored
exercise sessions
**Recommended
to be used over
6 WEEKS**

EDUCATION SEMINARS

NUTRITIONAL RECIPES

TAILORED EXERCISE PRESCRIPTION

36 CEP monitored
exercise sessions
**Recommended
to be used over
12 WEEKS**

18 CEP monitored
exercise sessions
**Recommended
to be used over
6 WEEKS**

TAILORED AEROBIC EXERCISE PRESCRIPTION

12 WEEK GYM MEMBERSHIP

Unlimited access to BodyTech gym.
Exercise sessions overseen by
BodyTech staff.

PROGRAMME PROGRESSION

Fortnightly catch-up with a CEP to check
and progress exercise prescription.

FOLLOW-UP ASSESSMENT

POST PROGRAMME EXERCISE AND STRENGTH TESTING

REPORTING

Specialist | GP | Client

Medical Clearance sought for
independent exercise

FUTURE EXERCISE PRESCRIPTION

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FUTURE EXERCISE PRESCRIPTION

36 sessions: \$3,400
18 sessions: \$2,550

36 sessions: \$3,100
18 sessions: \$2,250

\$1,250

All programmes begin and end with an exercise stress test from which tailored exercise prescription is designed.

The Works and The Basic include exercise sessions with high supervision & monitoring from Clinical Exercise Physiologists (CEPs).

Programme lengths are flexible based on individuals requirements.

All prices GST inclusive. Payments in installations are accepted. Some insurance funding available, please enquire.

Additional Measures and Resources

DEXA Scan - measures bone mineral density, fat mass and muscle mass

Blood Tests - measures cholesterol and glucose levels (HbA1c)

Lower Back Strength Testing & Exercise - utilising MedX Lumbar Extensor technology for lower back pain

Education Seminars - presented by relevant health professionals on a variety of topics

Nutritional Recipes - provided to give guidance on healthy options with adequate macronutrient composition.