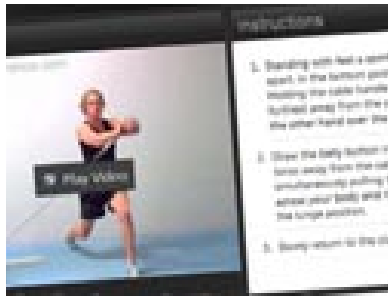


## online fitness programs



All programs are tailored to your individual needs and include detailed instructions and video demonstrations.

For those of you that want to train by yourself but require a little help from Innervate. Our online programs are designed by Innervate Directors. All programs are tailored to your individual needs and include detailed instructions and video demonstrations so that you are able to perform all exercises safely and correctly.

An affordable and effective way to achieve your goals. Innervate Online PT offers you constant support, monitoring and individually designed programmes that are guaranteed to get you results. We take you through comprehensive medical and lifestyle screening questionnaires so we can tailor the programmes specifically to your lifestyle, needs and wants. You are given your own private log on page where you have access to your programmes, can record your workouts and can liaise with your own Innervate PT. The programmes are easy to understand (each exercise has a video so you can see exactly how to perform it), are grounded using latest exercise science knowledge, and most importantly are successful! Six, twelve and 16 week options are available.

### let us stimulate activity in you

To find out more, email us at [info.innervate.net.au](mailto:info.innervate.net.au), alternatively call 0405 564 928.

