

Attn: Pre-Natal & Post Partum Women
From: Carl Petersen BPE, BSc(PT) & Nina Nittinger
www.citysportsphysio.com

Fit to Play™ & Perform

4 DVD Series (all 40-45 minutes long)

Fit to Deliver Co-Author Carl Petersen BPE, BSc (PT) -Former Canadian Olympic Ski Team Physiotherapist & Fitness Coach has teamed up with coach/exercise model Nina Nittinger to release these new exciting workout DVD's.

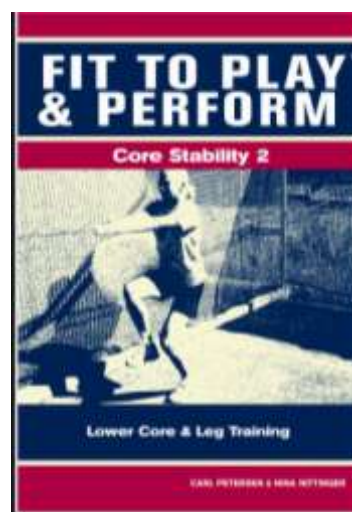
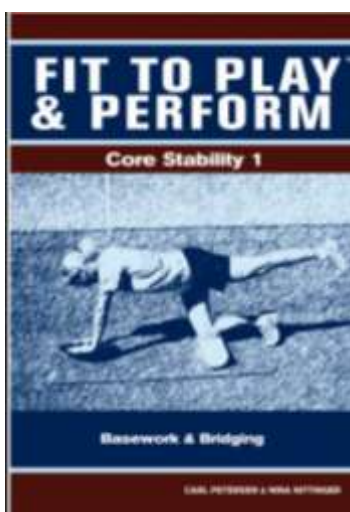
These comprehensive DVD's offers the user an innovative, practical, hands-on approach using balance equipment, elastic resistance, physio balls, medicine balls and much more to provide exercises are practical, versatile and can be done anywhere with minimal equipment. Work with a qualified trainer or caregiver to determine which exercises are most appropriate for your individual circumstances and fitness level.

Core Stability 1-Basework & Bridging (\$ 23.95)

Basework & Bridging demonstrates exercises in lying, supine, prone, quadruped and seated bridge positions to form the foundation of your core stability training.

Core Stability 2-Lower Core & Leg Training (\$ 23.95)

Improve your three dimensional core stability by connecting the lower core and legs with functional exercises that work the muscle slings in closed and partially closed kinetic chain movements to strengthen the lower core and legs in all planes of motion.

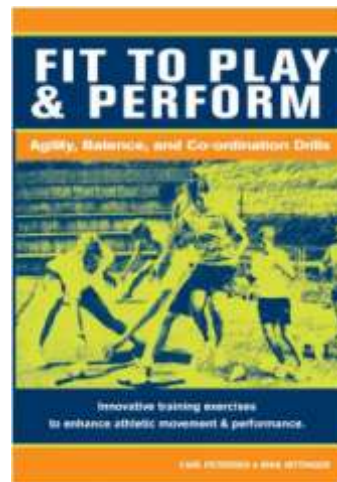
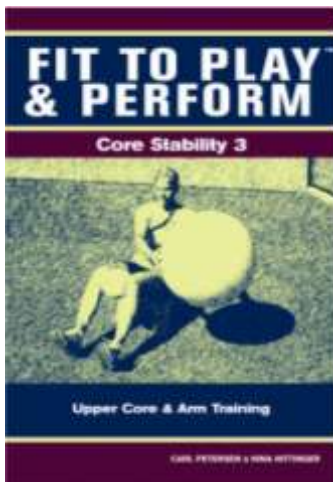


Core Stability 3-Upper Core & Arm Training (\$ 23.95)

Improve your Upper Core and arm stability & strength with functional exercises that augment the muscle slings. Training with stretch bands, resistance equipment, physio ball, balance equipment and medicine balls builds strength & stability in numerous planes of motion. This ensures optimal recruitment of muscles for scapula and shoulder stability and improved deceleration control.

Agility, Balance & Coordination Drills (\$ 23.95)

Enhance post-partum return to sports with specific agility, balance & coordination drills. This innovative DVD includes a high performance warm-up and offers dozens of drills to challenge footwork, increase functional core strength, improve multi-directional quickness, reaction time and explosive power to enhance performance. A practical, hands-on approach using ladders, cones, balance equipment, elastic resistance, medicine balls, hurdles and much more to provide fast feet training applicable for all sports.



Books:

Fit to Ski-practical tips to optimize performance \$ 34.00

Fit to Play™ Tennis-high performance training tips \$ 26.95

Fit to Deliver –innovative pre-natal fitness \$ 26.95

