

Health Podium
2005/06



The Ultimate



Fitness Training



& Resources



www.healthpodium.com

Health Podium

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All Prices Are GST Included

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Anti-Burst System Professional Balls



Quality is Important!

Have you ever considered what would happen if the ball bursts while you are doing exercise on it? The consequence can be fatal. Yes! Low quality exercise balls may burst like a balloon. Fitness professional users should only use anti-burst system exercise balls for the liability and efficiency purposes.



How To Look For A High Quality Exercise Ball?

A high quality ball must have the following features listed on the ball, not just on the box:

1. The manufacture's name
2. The word "Anti-Burst System" (ABS), or "Burst Proof" or "Burst Resistant"
3. Secure maximum weight load, for example, 350 lbs **Dynamically**
4. Total weight limit, for example, 2200 lbs **Statically**

What does ABS ball mean?

It means that when a ball gets punctured or cut by a sharp object, it slowly deflates so that the person has the time to get off the ball. It is very important to know the amount of secure maximum load of the ABS ball for dynamic movements. If the ball is simply labeled as ABS, or Burst Resistant, or Burst Proof, but not the amount of secure maximum load, it may not be safe enough for high intensity workout or able to withstand heavy load.



What are the benefits of utilizing this type of ball?

ABS ball promotes health and fitness. It improves core strength and stability, balance and flexibility. The ball is for everyone. Either you are in rehabilitation, trying to improve your core (abdominal and back regions) for your favorite sports, or you simply would like to try something different, to have some fun but challenging, the ball workout can be easily implemented into your exercise routine, depending upon your fitness level.

The ball exercise can be performed with or without any other fitness equipment or devices. In addition to improving the core region, in more advanced levels, athletes can workout on the balls to tone up, strengthen their total body, improve balance, prevent falls, and sometimes, but not always, enhance their sport performances.

Anti-burst System Swiss Ball Pro

Weight Limit: 2200lbs

*****Secure Maximum Weight Limit: 350lbs*****

Items #	Size	Color	Price
JSP 771	55cm/22"	Plum	\$46.00
JSP 772	65cm/26"	Purple	\$52.00
JSP 773	75cm/30"	Green	\$57.00

What is the size of the ball I should be getting?

This is the most frequently asked question. Unfortunately, there is no straight answer. It depends.

The manufacture usually recommends a particular size of the ball for a particular height range of a person.

However, this kind of matching only applies primarily to **sitting on the ball**. That is, you replace your computer chair with the ball. The correct form for sitting on the computer chair and on the ball front of the computer is the same - keep both feet flat on the ground and both knees bend at 90 degree angle, maintain tall posture, and avoid slouching. Of course, several exercise movements also require the 90 degree angle at the knee joints.

Keep this in mind! If anyone, including a fitness instructor, simply tells you to get a particular size of the ball, based on your height, then he or she is dead wrong. Why? Different exercise movements require different bio-mechanics. Individuals' s levels of fitness also make the size of the ball irrelevant. Different companies carry different types of exercise balls. Thus the quality of the balls varies from one another which, in turn, changes the shape of the ball dramatically as soon as the heavy load is added on. The volume of air that you pump into the ball also makes a huge difference. Sometimes, the ground conditions may also alter the usage of the recommended size of the ball.

Hint: If you cannot get professional helps, or if you're in doubt, get the 65cm ball. This size normally fits most people if they use it for doing exercises.

If you plan to purchase an exercise ball, first ask yourself the following questions:

1. What is my main reason for buying an exercise ball?
2. Where will I be using the ball?
3. How long will I be using the ball?
4. How much do I weigh?
5. Am I willing to pay a bit more to get a high quality ball? (A good high quality ball costs somewhere between \$40.00-\$60.00, depending on the sizes.)





Body Toning Bars:

The Body Toning Bars are weighted exercise bars, made out of steel and are enclosed in a dense foam for a comfortable and secure grip. They can be used in fitness and aerobics as well as yoga and pilates.



Items #	Attributes	Price
HB-006	6lbs/2.7kg, 42"/105cm, green	\$29.95
HB-009	9lbs/4.1kg, 42"/105cm, red	\$37.45
HB-012	12lbs/5.5kg, 42"/105cm, purple	\$44.95
HB-015	15lbs/6.8kg, 42"/105cm, blue	\$52.45
HB-018	18lbs/8.2kg, 42"/105cm, black	\$59.95
HB-024	24lbs/11kg, 48"/122cm, green	\$74.95
HBS-200	Body Toning Bar Stand, small	\$139.00
HBS-100	Body Toning Bar Stand, large	\$179.00

Original Health Club Step

Original Health Club Step (each step contains one impact absorbing non-skid 4" platform (teal) and four non-skid support blocks (purple), unless otherwise noted as just platforms or risers). Platform measures 43" in Length and 15" in Width 11 lbs

Minimum order: 5 units

	Per unit	Total price
Pack-5 Value: 5 Platforms & 20 risers	\$130.00	\$650.00
Pack-10 Value: 10 Platforms & 40 risers	\$125.00	\$1250.00
Pack-20 Value: 20 Platforms & 80 risers	\$120.00	\$2400.00
Pack-30 Value: 30 Platforms & 120 risers	\$115.00	\$3450.00

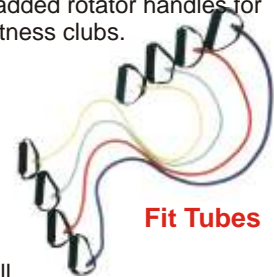


STP42 Original Health Club Step

Fit Tubes are for toning and strengthening of your body. Fit Tubes are equipped with padded rotator handles for maximum training comfort. They can also be used in group exercises and health and fitness clubs.



Model	Attributes	Price
T-FT-101	Fit Tube, light, yellow	\$10.00
T-FT-102	Fit Tube, medium, green	\$11.00
T-FT-103	Fit Tube, strong, pink	\$12.00
T-FT-104	Fit Tube, x-strong, purple	\$13.00



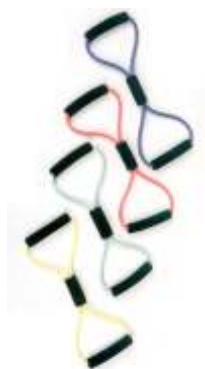
Fit Tubes

Each Model of Fit Tube comes in a package of 10 units. If sold separately, each unit will cost an additional \$2.00.

All prices are GST included

Physio Toner

With light weight figure eight shaped exercise tool is great for different upper body exercises. It allows you to target individual muscles groups. Nice comfortable foam handles. Can also be used in aerobic classes.



Model	Attributes	Price
T-PT-101	Physio Toner, light, yellow	\$6.50
T-PT-102	Physio Toner, medium, green	\$7.00
T-PT-103	Physio Toner, strong, pink	\$7.50
T-PT-104	Physio Toner, x-strong, violet	\$8.50



Hand Exercise Balls



Great exercise to strengthen hands, fingers & forearms by grasping & kneading around the palm of your hand. Works all muscles in your hand separately or in tandem. Great for Rehab or maintaining strength in your hands and fingers for more functionality. It is also a great stress reliever!

Model	Attributes	Price
HE-101	Handexerciser, soft, pink	\$8.95
HE-102	Handexerciser, medium, blue	\$8.95
HE-103	Handexerciser, strong, green	\$8.95



Massage Ball



Massage Balls are perfect for the fast & convenient body massage. To promote the circulation of the blood and the sensibilization after medical surgery. Also used for grasping exercises for little children.

Model	Attributes	Price
JMB-100	Massage Ball, 7cm, soft pink	\$7.00
JMB-200	Massage Ball, 8cm, mint-green	\$9.00
JMB-300	Massage Ball, 9cm, apricot	\$10.00

Fun Massage

Our Fun Massager offers a deeply penetrating as well as a superficial massage of neck, back and shoulders. The massage should be carried out in circular movements. Especially in the kidney region the pressure should not be too strong. Massage along side the vertebral body, never directly on the spinal column.



Model	Attributes	Price
FMC-100	Fun Massager, clear	\$8.95
FMB-100	Fun Massager, blue	\$8.95
FMG-100	Fun Massager, green	\$8.95
FMP-100	Fun Massager, pink	\$8.95



EasyBall

This ball can be used to strengthen the spinal muscles, improve flexibility of the vertebrae. It is also suitable for relaxation and deep relaxation, for abdominal muscle training and neck massages. And it can be used as supporting cushion, when it is partially inflated.



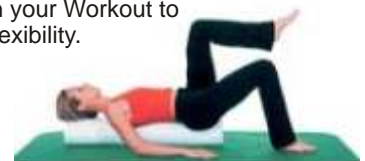
Model	Attributes	Price
JSP-791	Easyball 10"/26cm, ruby red	\$11.95
JSP-792	Easyball 10"/26cm, yellow	\$11.95



Foam Rollers

Model	Attributes	Price
FR-100	Foam Roller, 36"x6.5" (91.5cmx16.5cm)	\$30.95
FR-200	Foam Half Roller, 36"x6"x3" (91.5cm x 15.5cm x 7.5cm)	\$21.95

Whether at home or in the clinic or studio, the Foam Roller is an excellent tool for rehabilitation and for creating variety in your Workout to improve balance, spinal stabilization, hip mobility, and flexibility.



Neck Pillows & Overlays

Over 5 million sold. Our best-selling Orthopedic Neck Pillow helps get the kinks out while you sleep. Its unique design supports your head and neck no matter what position you sleep in. The superior support this Swedish Neck Pillow gives you is a marvellous aid in helping you feel rested and relaxed after a good night's sleep. The large Neck Pillow is recommended for people taller than 5'6". Dimensions:19"x12"x5"



- SP-101 Neck Pillow, white, large \$89.90
- SP-102 Neck Pillow, white, medium \$89.90
- SP-103 Neck Pillow Cover, large, white \$14.99
- SP-104 Neck Pillow Cover, medium, white \$14.99
- SP-107 Neck Pillow Plus \$109.90
- TCP-100 Temp-Control Pillow \$89.95
- SP-106 Travel Pillow, white \$89.90



Travel Pillow

Relaxation Cds

A soothing collection of music to help you relax. Great to listen to while doing yoga and pilates exercises.



Model	Attributes	Price
CDT-100	Sea of Serenity	\$9.95
CDT-200	Whales of the Pacific	\$9.95
CDT-300	Babbling Brook	\$9.95

Dynamint Muscle Balm DMB-100



A soothing combination of natural essential oils in a gentle cream base. (237ml) This specially formulated topical application aids in relieving the pain and stiffness associated with strained or sore muscles.

Ingredient: Water, Peppermint oil, Calendula oil, Eucalyptus oi, Phenoxyethanol, Mineral oil, Sodium Acrylate, Copolymer, Sorbitan Mono Oleate, Colloidal Silica, tea Tree Oil.

Price: \$15.00

Hot-Cold-Pack CHP-100



The Sissel Hot-Cold Pac is the easy way to apply heat to the neck, shoulders or lumbar region. Used as a Cold Pac, it is a convenient and safer alternative to ice. The Hot-Cold Pac is simple to heat or chill. It has dual purpose, contours to the body and it is easy to clean. It belongs in every medicine cabinet!

Price: \$32.00



Yoga Basic Set YS-100

Enjoy the full benefits of Yoga with the basic Yoga Set. Suitable to all, from beginner and pro
Model Description: The set includes:
2 Foam Yoga blocks, 1 Yoga Strap,
A Sissel Yoga Mat,(24"x68"x1/8" / 60x173x0.3cm)
Sissel Set DVD, Vol. 4, "The Power of Yoga"

Price: \$45.00

This PowerLung Breather model provides a light respiratory strength training workout at a low level of resistance. The PowerLung Breather offers users the capability to begin low resistance strength training for their breathing muscles.



PowerLung® Breather™ includes:

- * The PowerLung® BreatheAir™ model
- * CD-ROM with Video Training*
- * User Guide
- * Convenient Carrying Case
- * PowerLung® Washe™



Pricing

- 1-5 units \$74.00/unit
- 6-12 units \$70.00/unit

All sales are final on PowerLung Products



See page 6 for more **PowerLung** products and the scientific information



Inversion Table

Price: \$320.00

Height: up to 6'6", Capacity: 250lbs.

Model Description: Upside down can be the right way up! The inversion table is the standard for decompressing the spine, helping to stimulate blood flow to release stress, compression fatigue and lower back pain. The Inversion Table has 4 adjustments to control rotation speed, it is progressive and allows for partial or full inversion position. It adjust for heights up to 6'6" and supports up to 250lbs. The ankle holders are adjustable and allow for a comfortable fit and the side covers protect your hands from getting caught in the equipment during use. The Inversion Table folds for easy storage.



Product Description: If you have never tried inversion therapy, you might be missing out on your best chance to strengthen your back, relieve stress and help alleviate pain. The Inversion Table is Stress Release Excellence! The standard for stress and pressure release. It decompresses the spine to help relieve lower back pain and stress and it feels great.

SitFit



SitFit Plus

The air-filled SitFit cushion is an innovative way to improve posture and promote better balance. Sitting on it encourages upright posture, which means less stress on your spine. Strengthen back and abdominal muscles while working at your computer, or put the SitFit Plus on the floor to exercise your legs and feet.

New and improved design with thigh-support. Use the round side forward for active sitting and the thigh-support forward for stable sitting.

Model	Attributes	Price
SFP-450	SitFit Plus 14", Red	\$39.00
SFP-451	SitFit Plus 14", Silver	\$39.00
SFP-452	SitFit Plus 14", Blue	\$39.00
SF-450	SitFit 15", Red	\$39.00
SF-451	SitFit 15", Turquoise	\$39.00
SF-452	SitFit 15", Blue	\$39.00

PowerLung
SCIENCE OF BETTER BREATHING

All Prices are GST included

PowerLung Lung Muscle Trainers are the ONLY products in the world to offer integrated Inhale and Exhale Dual Action pressure resistance for respiratory muscle training. Whether your client is a couch potato, recreational, or fitness enthusiast, or elite athlete, there is a PowerLung Model to fit their needs.

Three PowerLung Models

PowerLung Breather Offers a low range of resistance to help eliminate the breathlessness when doing light daily activities

PowerLung Trainer Offers a medium range of resistance to improve benefit from the aerobic (cardio) workouts.

PowerLung Sport Offers a high range of resistance to improve training and performance.

PowerLung® includes:

- * A PowerLung® model
- * CD-ROM with Video Training*
- * User Guide
- * Convenient Carrying Case
- * PowerLung® Wash™



Pricing
1-5 units \$144.00/unit
6-12 units \$136.00/unit



Pricing
1-5 units \$74.00/unit
6-12 units \$70.00/unit



Pricing
1-5 units \$114.00/unit
6-12 units \$108.00/unit

All sales are final on PowerLung Products

PowerLung

PowerLung® includes:

- * A PowerLung® model
- * CD-ROM with Video Training*
- * User Guide
- * Convenient Carrying Case
- * PowerLung® Washe™



Pricing
 1-5 units \$144.00/unit
 6-12 units \$136.00/unit



All sales are final on PowerLung Products

Pricing

1-5 units \$114.00/unit
 6-12 units \$108.00/unit



Please see page 6 for all PowerLung Models

Medicine Balls

Medicine Balls:

The medicine ball is a great tool for a complete body workout. It can be used to strengthen shoulders, back, arms and legs as well as improving core trunk strength and joint integrity. It also makes an exceptional abdominal exercise tool to create powerful and rock hard abs. Unlike weight machines that are bolted to the floor and give a limited unnatural movement, medicine ball workouts provide weight-resistance through a full range of motion. The medicine ball is a unique tool to learn and train sports specific and explosive motion exercises, therefore the medicine ball is used by many professional athletes, boxers, golf and tennis players and sports associations including the NBA, NFL and NHL.



Model	Attributes	Price
MB-100	Medicine Ball, 1kg, 2.2lbs, yellow	\$25.00
MB-200	Medicine Ball, 2kg, 4.4lbs, green	\$30.00
MB-300	Medicine Ball, 3kg, 6.6lbs, blue	\$45.00
MB-400	Medicine Ball, 4kg, 8.8lbs, orange	\$55.00
MB-500	Medicine Ball, 5kg, 11lbs, red	\$65.00
MB-600	Medicine Ball, 6kg, 13.2lbs, yellow	\$75.00
MB-700	Medicine Ball, 7kg, 15.4lbs, black	\$85.00
MB-800	Medicine Ball, 8kg, 17.6lbs, green	\$95.00

MBS-100	Medicine Ball Stand*	\$179.00
MBS-200	Medicine Ball Double Stand*	\$299.00

* Med. Ball Stand does not include any Med. Ball

Professional Anti-Burst System Swiss Balls



Anti-Burst System Swiss Ball Pro

Weight Limit: 2200 lbs

*** Secure Maximum Weight Limit: 350lbs ***

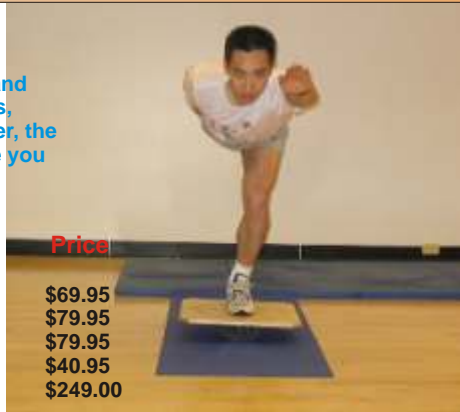
Items #	Size	Color	Price
JSP 771	55cm/22"	Plum	\$46.00
JSP 772	65cm/26"	Purple	\$52.00
JSP 773	75cm/30"	Green	\$57.00

Wobble Boards

Training on the wobble boards improves balance, stability, and strength which may require in many sports such gymnastics, hockey, ice skating, roller-blading, skiing and so on. However, the wobble boards can also be used for rehabilitation. The more you use the balance board, the better your agility, reaction, and coordination will be.



Items #	Attributes
WB-100	Wobble Board, 16"
WB-200	Wobble Board, 20"
RB-20	Rocker Board, 20"
BS-100	Wobble Board Stand
WBS-100	Wobble Board Set



Price
\$69.95
\$79.95
\$79.95
\$40.95
\$249.00

Extreme Balance Board \$159.95

Item # EBB-100



With 3 different adjustable skill levels, this balance board becomes more challenging as you improve. Individuals can train on the Extreme Balance Board for rehabilitation and prehabilitation - the dynamic balance and proprioception demands strengthens ligaments, joints and muscles to prevent injuries. Besides, the more you work on it, the more you find it challenging but fun.

Weight Vests (Xvest)

Ideal for adding intensity to your exercise programs especially walking, squatting and lunges. These vests slip over the head and strap across the body using the cross strapping system that helps keep the vest from shifting. Extra padded shoulders also help prevent chaffing around the neck area.

Fire Fighter Xvest Trainer
84 lbs. Included
Fire Fighter Trainer
Price \$439.00
Model X8484

All prices included GST and shipment fees.

Sizes: Medium, Large, & X-Large

40 lb Xvest
hold up to 40 lbs
40 lbs. Included
Professional Athletes
Price \$259.00
Model X4040

40 lb Xvest - 20 lbs. Included can hold up to 40 lbs
Professional & Amateur
Price \$229.00
Model X4020

20 lb Xvest - can hold up to 20 lbs
20 lbs. Included
Sports and Fitness
Price \$209.00
Model X2020

12 lb Fitness Xvest can hold up to 20 lbs.
12 lbs. Included
Fitness and Wellness
Price \$159.00
Model X2012



PowerChute

Anaerobic (Explosive) Power is required in many sports. Adding the PowerChute into your interval training routines is fun and challenging. Either you use the PowerChute for leisure or for sports, you will see the improvement in performance. Each PowerChute comes with an adjustable waist belt. The Chute is very light and can easily and quickly rise in the air to provide excellent resistance while sprinting on court, field, or ice. Runners or skaters can release the chute to initiate overspeed. The resistance therefore improves leg strength, speed, explosiveness, acceleration, and stamina. The force of resistance depends upon the size of the chute, speed of the runner, and the wind. A large size is recommended for most adults, and a medium for kids.



PowerChute-M
PowerChute-L

Medium
Large

\$97.00
\$107.00





Plyo-Tables

Most athletes use the Plyo-tables to jump up and down and/or step up and down to develop explosive leg power, strength, and dynamic balance to boost their sports performance. The table frame is made of sturdy metal, and the surface is covered with non-slip rubber. All tables are stackable to minimize the use of space when not being used.

PlyoT6	PlyoTable-6"	\$209.00
PlyoT12	PlyoTable-12"	\$239.00
PlyoT18	PlyoTable-18"	\$275.00
PlyoT24	PlyoTable-24"	\$295.00
PlyoT30	PlyoTable-30"	\$325.00
PlyoT36	PlyoTable-36"	\$345.00



Variable Resistance Trainer

VRTWB - with Waist Belt Harness	\$98.00
VRTWSH- with Shoulder Harness	\$108.00

The Variable Resistance Trainer provides flexible resistance. The 10 feet elastic resistance band stretches to 30 feet. This training device minimizes the jarring effect with progressive and consistent resistance. This device is for developing powerful acceleration on field or on ice. Great anaerobic conditioning for all athletes tracks and fields and in many contact sports such as hockey, soccer, football so more.



Power Break-Away

Similar to the Variable Resistance Trainer but has the partner activated a quick release (let-go) feature. This 10' long strap with handle allows a partner to provide strong resistance to the runner before pulling the quick release strap. Great for power running and then explosive, quick starts.

PBAWB	with Belt	\$94.00
PBAWSH	with Shoulder Harness	\$98.00

IT IS ADDICTIVE

Neon Blue Powerball, as it spins in the dark, shoots out brilliant neon light!



Up to 15 000 RPM & at 250 Hz

It is Powerful

It is Fun

Powerball (Gyroscope)

is a finely engineered and precision crafted gyroscope consisting of a rapidly spinning rotor enclosed in a solid [hand held] outer sphere.

You set this rotor in motion using a cord or your finger and build its speed by subtle rotation of the wrist. It contains no motor or no batteries. All of the energy comes from you. The stronger you are, the faster you will be able to make your Powerball spin! It can spin up to 15 000 RPM, converting the 1.0 pound ball to nearly 40 lbs of resistance force in your hand.



...and the faster you spin the inner rotor the more inertia it generates and the more resistance it subsequently inflicts upon the fingers, hands, wrists, arms and shoulders. These unique instruments generate massive force and put the shoulders, arms and wrists of the user under big pressure - making them ideal for fitness enthusiasts and virtually every kind of sport imaginable.

In addition, because the inertia (or gyroscope resistance) generated within the Powerball is directly proportional to the speed at which you are spinning the rotor - these precision instruments are just as capable of gently rehabilitating a damaged limb (wrist breakage, carpal tunnel syndrome, RSI, tendonitis, tennis elbow etc.) as they are at building huge muscle in the arms and shoulders - its a completely non impact form of exercise and is all about rotor speed.



PB-A	Amber	\$48.50
PB-B	Blue	\$48.50
PB-G	Green	\$48.50
PB-NB	Neon Blue	\$65.50
PB-NG	Neon Green	\$65.50

***All of our Powerballs come with digital counters

The Harpenden Skinfold Caliper has been the standard research caliper for many years. Virtually all the data, equations, tables, etc., relating skinfold thickness to % bodyfat in use today are based on studies done using the Harpenden.

The Harpenden is also the most accurate skinfold caliper made, being within + or - 0.2 mm. and can be read to the nearest 0.1 mm., and can measure up to 55 mm.

Harpenden Skinfold Caliper is popular among Exercise Scientists and or Health Science Researchers.

Warranty: One year
Item# C-136 Harpenden
Price: \$586.00



All prices are GST included

Lange Skinfold Caliper Item # C-130 Lange Price=\$350.00

A precision instrument specifically designed for the simple, accurate measurement of subcutaneous tissue

Accuracy within +/- 1.0 mm

Scale - up to 60 mm

Constant pressure - approximately 10 gm / sq mm

Spring-loaded arms and floating-tips assure accuracy and repeatability

The original standard for research, widely recognized by medical and physical fitness professionals as a leader in the field

It comes with a booklet and carrying case

Warranty: 1 year



T-61 Accuflex I

Novel Accuflex I is the second generation of Trunk Flexibility Tester. This sit and reach box utilizes a clever adjustable scale to correct for differences in leg and arm length thus providing more uniform and comparable measurements.

Price: \$370.00



Hand Grip Measurement

T-18 Smedly III

Smedley III Analog Grip Tester with storage case. High quality analog type grip strength tester with range to 100kg (220 lbs) Retains maximum reading and has adjustable grip distance.

Price: \$320.00

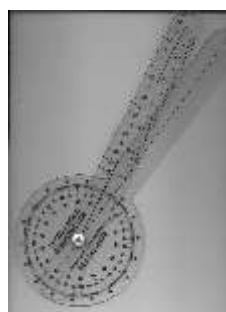


F-9 Franz Metronome

F-9MET

F-9 Franz Pocket Size Metronome. Battery operated.

Price: \$125.00



Goniometer G-0054

Transparent plastic, 360° Scale, 12-1/2" long, 1° increments.

Price: \$37.00

Goniometer G-0055

Same as 0054, except 8-1/2" long, 5° increments

Price: \$22.00

Clip On Metronome

DM-33

Clear sound and flashing light indicates Tempo. Has clock function. Tempo ranges from 30-250 bpm

Price:\$74.00



Fat Replica FA-5LB Price: \$178.00



Blood Pressure kit

Complete professional BP kit, DLX bulb and valve, Sprague Rappaport stethoscope with 22" tubing & zippered carrying bag.

MA-360

Price: \$90.00





Exercise & Yoga Mats

Attributes: Yoga Mat, purple, small (24"x68"x1/8" / 60x173x0.3cm)

Model Description: Premium Yoga Mat, non-slip surface, minimum stretch, light weight, and easy to roll up! It is great shock absorbing, waterproof and easy to clean. It has a comfortable and pleasing surface and is easily transportable and easy to roll up for storage. \$19.00

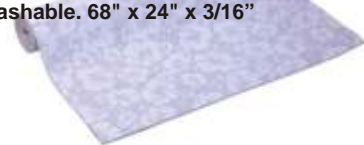


Yoga Tacky Mat

YTM-01

\$35.00

Considered the most valuable mat for Hatha Yoga, providing a non-slip surface. Made of closed-cell PVC vinyl. Washable. 68" x 24" x 3/16"



Universal Magazine Rack UMR-01

The clear, high-strength plastic of this rack allows the user to conveniently see through to the machine controls. Great for holding books, magazines and newspapers. The rack fits consoles up to 2.25" (5.7 cm) thick. Dimensions: 11.75" (29.9 cm) wide x 8.50" (21.7 cm) high.

Price: \$24.00 per unit
Minimum order: 5 units



Weight Vests (Xvest)

Ideal for adding intensity to your exercise programs especially walking, squatting and lunges. These vests slip over the head and strap across the body using the cross strapping system that helps keep the vest from shifting. Extra padded shoulders also help prevent chaffing around the neck area.

Fire Fighter Xvest Trainer
84 lbs. Included
Fire Fighter Trainer
Price \$439.00
Model X8484

40 lb Xvest
hold up to 40 lbs
40 lbs. Included
Professional Athletes
Price \$259.00
Model X4040

40 lb Xvest - 20 lbs. Included can hold up to 40 lbs
Professional & Amateur
Price \$229.00
Model X4020

Sizes: Medium, Large, X-Larger
All prices are GST included



20 lb Xvest - can hold up to 20 lbs
20 lbs. Included
Sports and Fitness
Price \$209.00
Model X2020

12 lb Fitness Xvest - can hold up to 20 lbs
12 lbs. Included
Fitness and Wellness
Price \$159.00
Model X2012

Polar Heart Rate Monitors

The **A3** let your heart rate monitor guide you like a personal trainer. The A3 has the new Zone Pointer feature that helps keep you in your Target Zone. File storage allows you to view previous workout data to help establish goals for your current workout.

The **A5** is like a fitness tool that combines exercise guidance with valuable feedback about your workout. A built-in walking test (Self Walk Test) will tell you how fit you are and help you set up your exercise program. The ZonePointer will keep you in your Target Zone, and the OwnCal calorie counter will help you manage your weight loss program.

The **M32** is like the A5. Plus, it has the OwnZone that takes the guess work out of finding your personalized target zone. The M32 will determine your target zone based on how your body feels for that specific day, preventing you from over-exercising and possible injury.

The **M61** for the individual seeking complete guidance and feedback. The OwnIndex fitness test will determine your fitness level within 5 minutes, while you sit and relax, a great tool for tracking your fitness improvements. The M61 will determine 1 of 3 preset target zones based on how your body feels for that specific day. Features include OwnCal and OwnZone

The **S210** provides you with the athletic training guidance. You'll get everything you need with the S-210. You can program the watch to store the training parameters (TZ, timers, recovery) of your five most popular workouts.

The **S-410** will help you reach that elusive PR. Store your five key workouts and when you're done training, the Sonic Link™ technology and new PPP 4.0 software let's you transmit your data into a PC for analysis. Now you can identify your weaknesses and turn them into strengths.

- A3 \$135.00
- A5 \$166.00
- M32 \$209.00
- M61 \$239.00
- S210 \$259.00
- S410 \$318.00



A3



A5



M32



M61

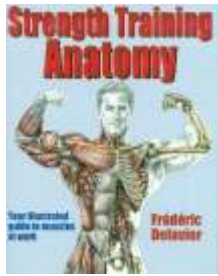


S210



S410





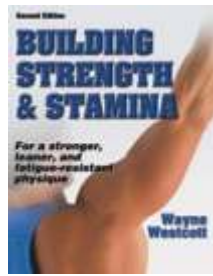
Effective Strength Training

Douglas Brooks. 2001 Paperback 264p.
\$54.00



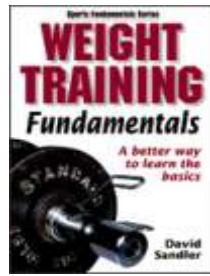
High Intensity Training

John Philbin. 2004 Paperback 224p.
\$30.00



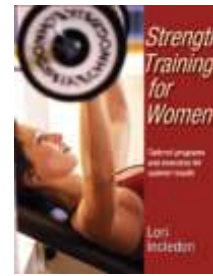
Building Strength & Stamina

Wayne Westcott. 2003. 232p.
\$31.00



Perceived Exertion for Practitioners

Robert J. Robertson. 2004. Paperback 184p.
\$43.00



Sculpting Her Perfect Body

Brad Schoenfeld. 2003. Paperback 240p.
\$34.00



Serious Strength Training

Tudor O. Bompa. 2003 Paperback 304p.
\$30.00

Strength Basics: Your Guide to Resistance Training for Health and Optimal Performance

Brian B. Cook and Gordon W. Stewart. 1996 Paperback. 216pp
\$26.00

Strength Training Anatomy

Frederic Delavier. 2001 Paperback 128pp
\$30.00

Strength Training For Women

Lori Inledon. 2005 Paperback 232p.
\$30.00

Strength Training For Young Athletes

William J. Kraemer & Steven J. Fleck. 2005 2nd Ed. Paperback 296p.
\$29.00

Weight Training Fundamentals

David Sandler. 2003. Paperback 152p.
\$23.00

Periodization Training for Sports

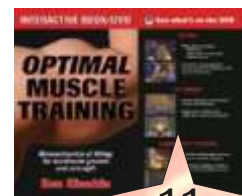
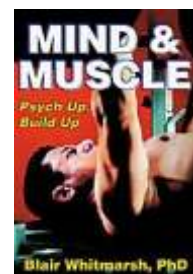
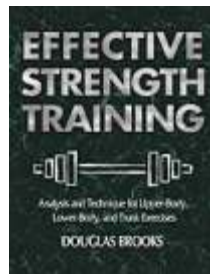
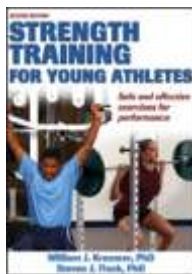
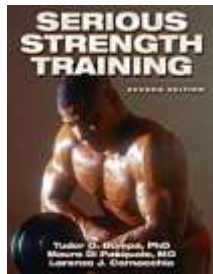
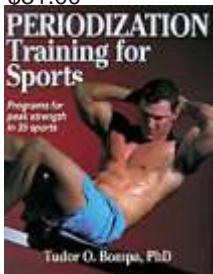
Tudor O. Bompa 1999 Paperback 284p.
\$31.00

Optimal Muscle Training

Ken Kinakin. 2004. Hardback 136p & DVD ROM
\$41.00

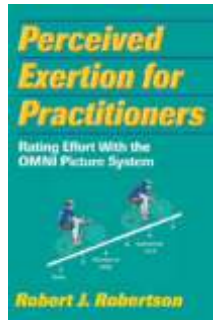
Mind & Muscle

Blair Whitmarsh. 2001. Paperback 296p.
\$31.00



About the Product:

With Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System, you'll have the most up-to-date, innovative way to rate clients' physical exertion in your professional practices. You'll be able to expand your knowledge of perceived exertion as used today by health and fitness



specialists and clinical therapeutic practitioners, and you'll learn how to apply the newly developed OMNI Picture System of perceived exertion.

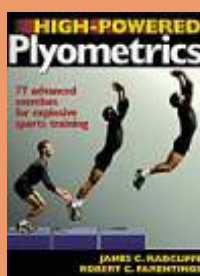
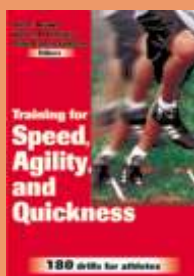
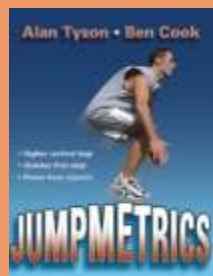
Author and highly acclaimed researcher Robert Robertson developed the OMNI Picture System, which uses picture scales to enable exercisers to rate their exertion visually. In this text, Dr. Robertson presents real-life scenarios involving perceptually based exercise assessments and programming using the OMNI Scaling System. The scenarios focus on people with various training and conditioning needs, from improving personal health to developing recreational and competitive fitness. By rating their

effort based on pictures of other exercisers, your clients will be able to accurately set and regulate their conditioning intensity using a target rating of perceived exertion (RPE) zone.

Special features of Perceived Exertion for Practitioners include the following:

- * 11 OMNI picture scales, which apply to all types of exercise and are reproducible for use as handouts, in fitness facilities, and in classrooms
- * Sample instructions on what to say to clients in various situations
- * Both clinical and field-based perceptual tests for use in aerobic, anaerobic, and resistance exercise assessments
- * Case studies that describe the clients' characteristics, identify the exercise need, and present an action plan to meet that need using RPE as the training zone
- * Actual programs for aerobic, anaerobic, and resistance training that employ OMNI Scale RPE zones to guide intensity

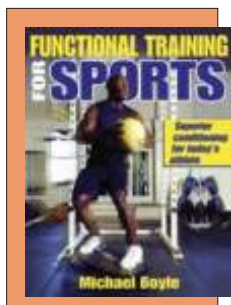
Perceived Exertion for Practitioners gives you a broader understanding of perceived exertion, and you'll be able to apply what's in the text by using the 11 picture scales included. The text is a must-have for anyone looking for a better way to use ratings of perceived exertion to develop training programs.



Functional Training for Sports
Michael Boyle. 2004. Paperback 208p.
\$31.00

About the Product
Reach a higher level of athleticism with Functional Training for Sports!

Functional training is a complete system of athletic development that focuses on training the body the way it will be used in competition, making it the most efficient and effective form of training today.



Author Mike Boyle, renowned strength and conditioning coach formerly with the Boston Bruins, addresses movement, body positions, and abilities that are essential for success in competition. Through Functional Training for Sports, you will improve your total athleticism, enhance your performance, and reduce injuries through exercise progressions that will spur your development potential for specific movement patterns you commonly use in your sport.

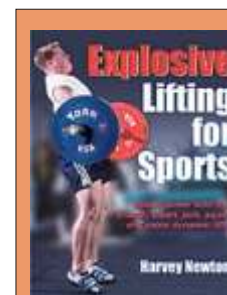
Providing tests for you to determine where to start, the progressions focus on training for the torso, the upper body, and the lower body. The book also provides detailed programs that incorporate the exercises and methods for these progressions. As you master each progression, you will be preparing yourself to perform in any situation with notable improvements in stability and balance, reaction time, core strength, and power.

This whole-body, sport-applied system makes Functional Training for Sports your key to today's most effective and efficient training!

Athletic Body in Balance
Gray Cook. 2003. Paperback 232p.
\$31.00

Athletic Strength for Women
David Oliver & Dana Healy. 2005. Paperback 240p.
\$28.00

Explosive Lifting for Sports
Harvey Newton. 2002. Paperback 208p.
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High-Performance Sports Conditioning
Bill Foran. 2001 Paperback 376p.
\$35.00

High-Powered Plyometrics
James c. Radcliffe & Robert C. Farentinos. 1999. Paperback 184p.
\$30.00

Also Available!
Explosive Lifting for Sports Video
\$38.00

Jump into Plyometrics
Donald Chu. 1998 Paperback 184p.
\$27.00

Jumpmetrics
Alan Tyson & Ben Cook. 2004. Paperback 200p.
\$29.00

Sports Power
David Sandler. 2005. Paperback 256p.
\$29.00

Vision Training for 17 Sports
Thomas Wilson. 2004 Paperback 184p.
\$39.00

Sports Speed by George Dintinan. 2003 Paperback 280p.
\$31.00

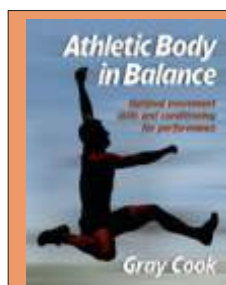


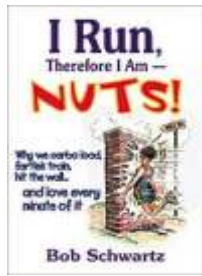
About the Product
Reach your playing speed potential! As an athlete or coach who knows that faster is better, you'll appreciate the advice offered in Sports Speed.

With all-new techniques and drills to improve your straight-ahead and multidirectional speed, Sports Speed will help you improve your ability to start, stop, change direction, and accelerate,

taking your performance to the next level.

No matter what sport you play or coach, you'll learn all aspects of speed development, including tests and assessment, strength base building, ballistic and plyometric training, speed endurance training, running technique, footwork drills, overspeed training, and baseball, softball, and soccer can be used -program planning and periodization.

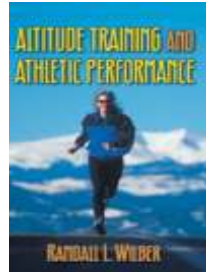




I run, therefore I Am Nuts!

Bob Schwartz.
2001. Paperback
264p.

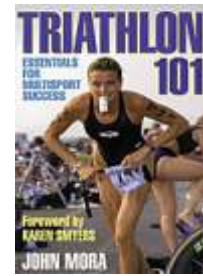
\$23.00



Altitude Training and Athletic Performance

Randall L. Wilber.
2004. Hardback
264p.

\$60.00



Triathlon 101

John M. Mora.
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\$28.00

Training for Young Distance Runners-2nd Edition

Larry Greene.
2004. Paperback
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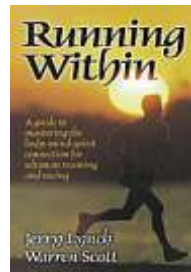
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Running Within

Jerry Lynch.
1999. 216p.

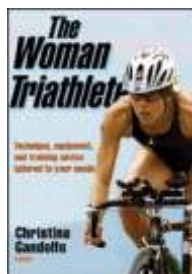
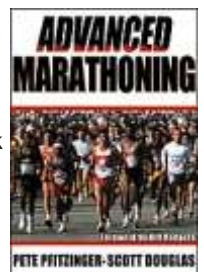
\$25.00



Advanced Marathoning

Peter Pfitzinger.
2001. Paperback
248p.

\$30.00



The Woman Triathlete

Christina Gandolfo. 2005.
Paperback 248p.

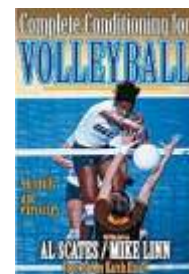
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Rowing Faster

Volke Nolte.
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Complete Conditioning for Volleyball

Al Scates. 2003.
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Complete Conditioning for Martial Arts

Sean Cochran.
2001. Paperback
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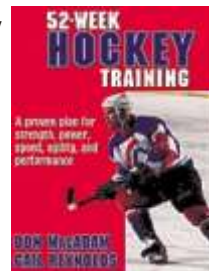
\$25.00



52-Week Hockey Training

Don MacAdam.
2001. Paperback
200p.

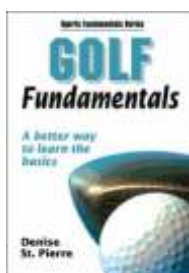
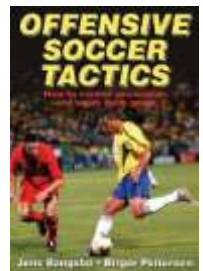
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Offensive Soccer Tactics

Jens Bangsbo.
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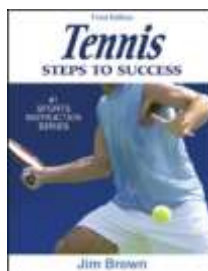
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Golf Fundamentals

Denise St. Pierre. 2004.
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Tennis-3rd Edition

Jim Brown.
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176p.

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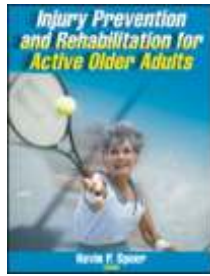
Basketball Offenses & Plays

Ken Atkins.
2004.
Paperback
344p.

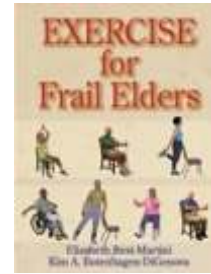
\$34.00



Functional Fitness for Older Adults
 Patricia A. Brill.
 2004. Paperback 144p.
 \$42.00

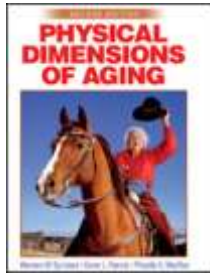


Injury Prevention and Rehabilitation for Active Older Adults
 Kevin P. Speer.
 2005. Hardback 248p.
 \$96.00

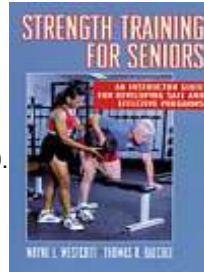


Exercise for Frail Elders
 Betsy Best-Martini.
 2003. Paperback 240p.
 \$53.00

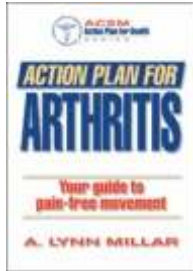
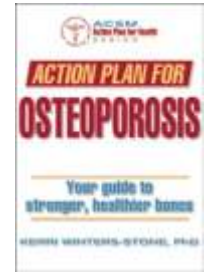
Physical Dimensions of Aging-2nd Edition
 Waneen W. Spirduso, 2005.
 Hardback 284p.
 \$106.00



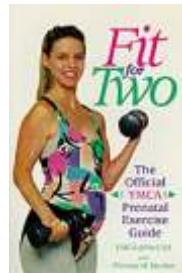
Strength Training for Seniors: IG for Developing Safe & Effective Programs
 Wayne Westcott. 1999.
 Paperback 232p.
 \$50.00



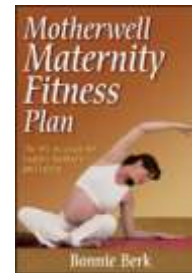
Action Plan for Osteoporosis
 Kerri Winters-Stone. 2005.
 Paperback 208p.
 \$25.00



Action Plan for Arthritis
 Lynn A. Millar. 2003.
 Paperback 216p.
 \$31.00

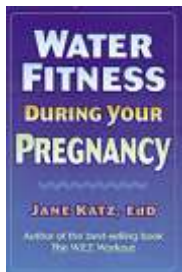


Fit for Two - The Official YMCA Prenatal Exercise Guide
 YMCA USA 2001.
 Paperback 160p.
 \$27.00



Motherwell Maternity Fitness Plan
 Bonnie Berk. 2005.
 Paperback 232p.
 \$27.00

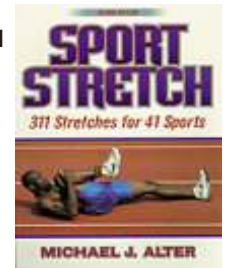
Water Fitness During Your Pregnancy
 Jane Katz. 1995.
 Paperback 248p.
 \$25.00



Strength Training for Young Athletes-2nd Edition
 William J. Kraemer.
 2005. Paperback 296p.
 \$30.00



Sport Stretch-2nd Edition
 Michael J. Alter.
 1998. Paperback 232p.
 \$25.00



Clinical Guide to Sports Injuries Bahr, Roald. 2004. 456pp. \$150.00

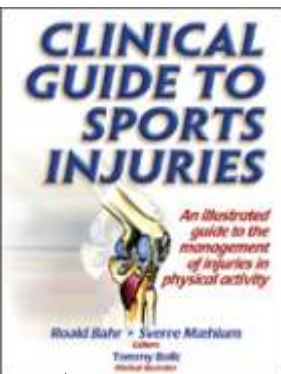
About the Product:

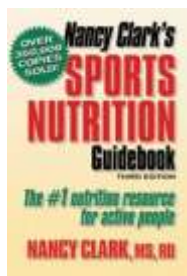
Superbly illustrated with more than 400 full-color illustrations and 120 photos, Clinical Guide to Sports Injuries is an outstanding guide to the diagnosis, treatment, and rehabilitation of sports injuries. See and learn how to evaluate and treat a wide range of sports injuries and to handle each step in the injury management process. You'll also learn how to prescribe rehabilitation exercises to your patients.

With its color photos, superb medical illustrations created by Tommy Bolic, and useful X rays, Clinical Guide to Sports Injuries clearly presents various injury types, injury mechanisms, and treatment methods. And as a bonus, all these visual materials are included on the accompanying CD-ROM for use in lectures and presentations.

- Clinical Guide to Sports Injuries has the following features:
- New medical illustrations and rehabilitation exercise drawings
 - A CD-ROM containing outstanding artwork from the book
 - Illustrated exercises throughout the book

Clinical Guide to Sports Injuries is a well-organized, easy-to-understand, and richly illustrated text for general practitioners and sports medicine specialists—anyone who needs to know how to diagnose and treat sports injuries of all kinds.

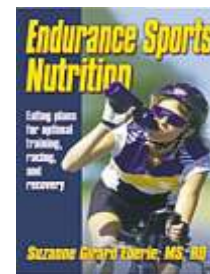




Nancy Clark's Sports Nutrition Guidebook-3rd Edition
 Nancy Clark. 2003. Paperback 416p.
 \$27.00



Healthy Eating Every Day
 Ruth Ann Carpenter. 2005. Paperback 264p.
 \$37.00



Endurance Sports Nutrition
 Suzanne Girard Eberle. 2000. 296p.
 \$27.00

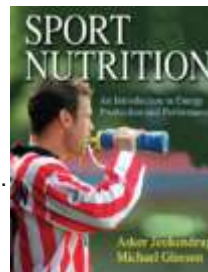
Eating on the Run-3rd Edition

Evelyn Tribole. 2004. Paperback 224p.
 \$26.00

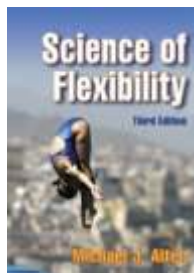
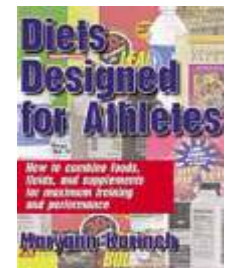


Sport Nutrition

Asker Jeukendrup. 2004. Paperback 424p.
 \$84.00



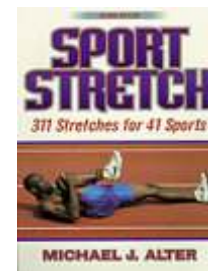
Diets Designed for Athletes
 Maryann Karinch. 2002. Paperback. 232p.
 \$31.00



Science of Flexibility
 Michael J. Alter. 2004. Hardback 368p.
 \$77.00



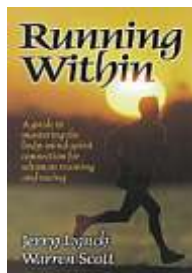
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 Robert E. McAtee. 1999. Paperback 152p.
 \$32.00



Sport Stretch-2nd Edition
 Michael J. Alter. 1998. Paperback 232p.
 \$25.00

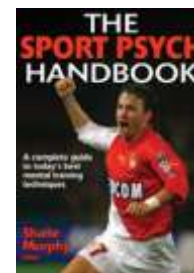
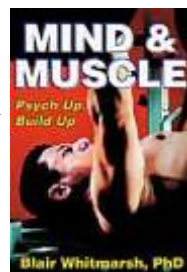
Running Within

Jerry Lynch. 1999. 216p.
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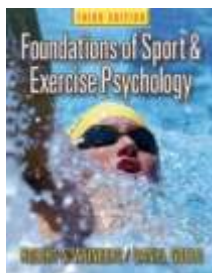


Mind & Muscle

Blair Whitmarsh. 2001. Paperback 296p.
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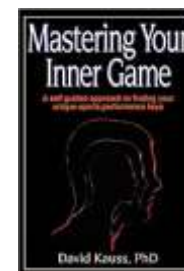
The Sport Psych Handbook
 Shane Murphy. 2004. Paperback 360pp
 \$31.00



Foundations of Sport & Exercise Psychology-3rd Edition
 Robert Weinberg. 2003. Hardback 608p.
 \$98.00



The Mental Athlete
 Kay Porter. 2003. Paperback 224p.
 \$26.00



Mastering Your Inner Game
 David Kauss. 2001. Paperback 280p.
 \$28.00





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