



Kinetic Link Training is a systematic approach to biomechanically balanced, full-body resistance training.

Exercise with weights in a new, challenging and exciting way - applying the kinetic link principle.



Victoria **Physiotherapy** Group



NEW

KINETIC LINK TRAINING

Are you keen to start a strength-training program?

Does your current strength-training program need updating?

Contact us to find out more...

(09) 9361 5123
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BENEFITS

- Improve strength in a short period of time
- Improve long-term health and well-being
- Improve joint and muscle pain by strengthening key muscles
- Improve postural muscle strength
- Prevent osteoporosis
- Improve sporting performance
- Create a strong, toned, aesthetically balanced body, which moves with ease, efficiency and control.

KLT FORMAT

1. Private sessions (4-6 sessions recommended)

Our experienced physiotherapists can familiarise you with KLT workouts specifically designed for you. These can be carried out either at the gym or at home with minimal equipment.

2. Small Group Circuit sessions

Join one of our small group sessions for excellent supervision and guidance to ensure you meet your fitness goal as quickly and effectively as possible.

PRICE

1 on 1 sessions (30 mins) \$80

Small Group sessions (1 hr) from \$40

Private health rebates may apply.

Move like an athlete and explore your potential.

