

**The Works**

**The Basic**

**The Kickstart**

**Build Your Own**

INITIAL ASSESSMENT

PROGRAMME

POST-PROGRAMME ASSESSMENT

**CONSULTATION**

Medical history

**EXERCISE TESTING**

Resting and Stress ECG  
Exercise Test (VO2 max)

**BODY COMPOSITION**

Weight | Waist Circumference  
**DEXA Scan**

**BLOOD TESTS**

**Cholesterol and Blood Glucose**

**STRENGTH TESTING**

Chest | **Lower Back** | Legs

**CONSULTATION**

Medical history

**EXERCISE TESTING**

Resting and Stress ECG  
Exercise Test (VO2 max)

**BODY COMPOSITION**

Weight | Waist Circumference

**STRENGTH TESTING**

Chest | Legs

**CONSULTATION**

Medical history

**EXERCISE TESTING**

Resting and Stress ECG  
Exercise Test (VO2 max)

**BODY COMPOSITION**

Weight | Waist Circumference

**CONSULTATION**

Medical history

**EXERCISE TESTING**

Resting and Stress ECG  
Exercise Test (optional VO2 max)

**BODY COMPOSITION**

Weight | Waist Circumference

**STRENGTH TESTING**

Chest | Legs

**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 MEMBERSHIP AT BODYTECH GYM**

Unlimited access to BodyTech gym.  
Strength circuit overseen by BodyTech staff.

**PROGRAMME PROGRESSION**

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

**TAILORED EXERCISE PRESCRIPTION**

**CEP MONITORED EXERCISE SESSIONS**  
Single sessions and concession cards available.

**HOME-BASED PROGRAMME PROVIDED**

**POST PROGRAMME EXERCISE & STRENGTH TESTING**

**POST PROGRAMME DEXA SCAN & BLOOD TESTS**

**REPORTING**

Specialist | GP | Client

Medical Clearance sought for independent exercise

**FUTURE EXERCISE PRESCRIPTION**

**POST PROGRAMME EXERCISE & STRENGTH TESTING**

**REPORTING**

Specialist | GP | Client

Medical Clearance sought for independent exercise

**FUTURE EXERCISE PRESCRIPTION**

**POST PROGRAMME EXERCISE TESTING**

**REPORTING**

Specialist | GP | Client

**FUTURE EXERCISE PRESCRIPTION**

**POST PROGRAMME EXERCISE & STRENGTH TESTING**

**REPORTING**

Specialist | GP | Client

Medical Clearance sought for independent exercise

**FUTURE EXERCISE PRESCRIPTION**

From \$2,550

From \$2,250

\$1,250

Initial testing & programme: from \$250

60 minute exercise sessions  
Single sessions: \$80  
10x concession \$720

30 minute exercise sessions  
Single sessions: \$50  
10x concession \$450