

HOW YOUR SON or DAUGHTER CAN BECOME THE FASTEST AND MOST EXPLOSIVE ATHLETE THEIR SPORT HAS EVER SEEN!!

My name is JP van der Riet, owner of RST FITNESS, owner and developer of the RST Trainer (Resistance Suspension Trainer) Training device,

RST FITNESS has developed a REVOLUTIONARY NEW EXERCISE DEVICE AND FITNESS TRAINING PROGRAM that uses the students own bodyweight to exercise against. This is the safest form of fitness training available today that offers superior fitness and core strength results.

Our 12 week progressive program is broken down into three distinct phases that progressively build on one another. Each phase is four weeks long and includes four workouts per week.

- Phase 1 - focuses on building a solid, stable core, thus increasing the power in your shoulders, arms, hips and legs.
- Phase 2 - focuses on arm and leg strength while maintaining core strength developed in Phase 1.
- Phase 3 - adds a high intensity interval training component to the movements while emphasizing speed and power.

MAIN INJURIES IN MOST SPORTS

1. ACL (Anterior Cruciate Ligament) Injury – Knee Injuries – rugby, soccer, netball, hockey, cricket, tennis etc.
2. RCT - Rotator Cuff Tear – Shoulder injury – cricket, tennis, hockey, golf etc.
3. Lower Trunk and Spine – Core Injuries occur in all sports – spinal injuries especially in rugby.
4. Ankle Injuries – hockey, tennis, rugby, netball, cricket, soccer etc.

Students between the ages of 7 and 17 are prone to sports injuries due to sedentary lifestyles they lead in our new day and age. More time is spent playing PlayStation, Xbox, watching TV etc.

When the sport season starts students many times only have 2 weeks or less to gain some form of fitness levels before games starts. This is a major recipe for disaster as an injury could keep the student out of a sport for a season or could even cripple or paralyze the student for life. **Statistics show that 1.3 Million youths had sport injuries last year.**

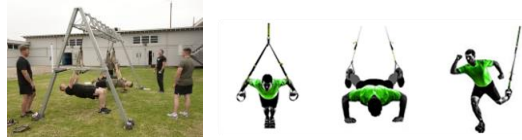
11 Serious and/or catastrophic concussion, head, neck or spine injuries in South African Rugby Union for Schools and Clubs combined, including cardiovascular events was reported last year.



“GYM IN A BAG”

What is a Resistance Suspension Trainer?

Suspension trainers are essentially length adjustable straps which can be temporarily fixed to an anchor point (door / or any other stable object) to allow you to harness your body weight against gravity and carry out exercises in a suspended state.



The RST Trainer is an amazing new exercise device “**Gym in a Bag**” that lets you take all of the benefits of high-powered gym equipment anywhere you want to work out. You can use this system at home, in your yard, in your room, garage, tree etc. Exercise indoors or outdoors. It uses your own body weight to create a more powerful workout without the high cost and space requirements of conventional training equipment.

Benefits of the RST Trainer

- Compact, lightweight, and easy to set up in limited space.
- Scales to all levels of fitness and ability levels – beginner – intermediary and advanced levels.
- The whole family can use the RST – mom, dad and kids.
- Save time and money as you will not have to go to a Gym to exercise.
- **MORE THAN 100 COMBINATION EXERCISES – YOU WILL NEVER GET BORED!**
- Experience the “AfterBurn Training Effect” up to 48 hours by training using the RST Trainer.
- Portable, Safe and Space Efficient – Only weighs 1.3kg, can support up to 1,000kg and folds up into a small carry bag.

Benefits of the RST Trainer in Sports Training

The beauty of Resistance Suspension Training is that it can be utilized by a broad spectrum of people. Its use for athletes and all other sports cannot be understated. The demands placed on any athlete’s body is enormous and injuries sometimes only shows in your later years especially if your core and lower back muscles are not strong.

Suspension trainers allow you to perform natural movements and **exercises to build strength, develop good balance**. It's a scalable form of exercise that's used to *develop elite fitness*.

Resistance Training is essential in achieving high levels of motor development, skeletal strength, coordination, connective tissue strength, **core strength development, back strength development**, behavioural benefits, advanced multi-directional strength, enhance movement skills, biomotor skills (strength, speed, flexibility and cardiorespiratory) and reduction in negative anthropometric values.

Resistance Suspension Training develops natural strength, **Lean Muscle (body toning for the girls)**, muscular endurance, maintenance of lean fat-free mass, improved capacity in sports performance (motor skills), increased bone density, decreased injuries, better attitude and possible increased connective tissue strength. Increased coordination, strength, stability and agility. Develop speed and power sufficient mobility and stability putting the athlete at lesser risk of injury.

WHY IS CORE EXERCISES SO IMPORTANT FOR ALL SPORTS?

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles. Core exercises don't require specialized equipment or a gym membership. A Strong core reduces the risk of injuries greatly!!

The “core” refers to the muscles that are involved in holding the torso in position; the abdominal, lower back, and hip muscles involved in positioning the spine and pelvis. Pelvic stability is the ability of the trunk and pelvic muscles to keep the spine and pelvis in its optimal position during sporting activity. If these structures are kept in an optimal alignment then the muscles and joints of the lower limbs are able to function efficiently.

The low back is perhaps our biggest strength when attempting to produce power and precision through any range of motion. **Whether you are on the track, on the field, in the pool, or at the gym, the lower back is the key to any sport or activity.** This part of the body's core optimizes both power and strength while protecting us from low back injury in the process. Proper athletic positions require an extremely strong low back.

What are the benefits of core strength training for all sports and athletes?

- Greater efficiency of movement
- Improved body control and balance
- Increased power output from both the core musculature and peripheral muscles such as the shoulders, arms and legs
- Reduced risk of injury (the core muscles act as shock absorbers for jumps and rebounds etc.)
- Improved balance and stability
- Improved athletic performance! Example Vertical Jump height with 9 %
- 5000 meter runners decrease time with up to 47 seconds etc.

Some Professional Athletes and other sport Professionals that use Resistance Suspension Trainers with great success:

Max Mirnyi – Tennis

Kyle Knox - USA Water Polo's

Alina Kabaeva - Olympic Gymnast

Lance Parker, Goalkeeper – Soccer

Hayley Hollander - Golfer

Grace Labinski - Ironman

Natalie Sweepstakes – swimming

Darren Burgess - Liverpool Soccer

Jason Brown - Owner, Crossfit

NAVY Seals and other Defence Units Worldwide

In South Africa – All our National Rugby, Soccer and Cricket teams and the Springboks use suspension trainers as part of their training routine.





Medical professionals and other sport and defense entities currently supporting the RST Trainer in their practices with great success

Dr. HC Toerien, aviation medical doctor from Witrivier and Celynn Erasmus qualified and registered dietician (RD SA).

University of Potchefstroom – High Performance Sport Centre and Gym

IKI KRAV MEGA -SELF-DEFENCE - Alan Mann is the product of a long and varied military / civilian career and is a retired South African Special Forces Operator.

Laerskool Brentwood Park

Testing Faze – SA National Defense Force and SAPS, Botswana Police and Defense Force, Egyptian Defense Force, Saudi Arabia Defense Force, Uganda Defense Force.

RST FITNESS

RST Fitness has clients aged 7 to 80 years of age. We are the only company in Africa that manufacture a Resistance Suspension Trainer of this kind. Safety is paramount to us and we thus ensure that only the best material is used in the manufacturing process and we have a very stringent quality control process before any of our products move to the final packaging stage at our factory facility. RST FITNESS Coach has 8 years' experience in exercise and bodybuilding and is the developer of the program DIET SCIENCE used by many body builders and athletes.



***For more information or to place an order contact JP on:
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Website: <http://rstrainer.yolasite.com>***

Is it worth us as parents risking our children's lives because they are not fit and strong for the sport they partake in?

HOW DOES THE RST ACADEMY WORK and WHAT ARE THE COST?

The RST FITNESS ACADEMY PACKAGE consists of:

OPTION 1

Registration Fee of R300 – Includes a RST FITNESS T-Shirt, water bottle and cap.

RST Lite Trainer Pack – R1,200 normal retail price R1,599 – saving of R400 (includes RST Training Device, doorstop, extension strap, carry bag, wall chart with 18 exercises and a cd containing 70 exercises).

12 week progressive training program – R1,050 (payable monthly – R350 per month). This includes 4 training sessions per month – 1 training session per week – 1 Hour Long - where the student will be showed how to use the RST as well as how to correctly do the different exercises. It is then expected from students to take the knowledge gained during the training session home and parents should then encourage the student to do those exercises every day.

UPFRONT COST – R300 + R1,200 + R350 first month's training = R1,850

Monthly Fee – R350 x 2 months

TOTAL COST – R2,550

OPTION 2

We would like to accommodate as many students as possible and we know that times are challenging so for those parents that cannot afford the above upfront cost we will offer **3 instalments of R900 each payable over 3 months.**

The RST Lite is available in black/blue, black/yellow, black/green, black/red, black/orange, black/purple and black/pink or just plain black.

For those that are interested in the RST Combat that we supply to security and defense forces. It weighs 1.5kg and holds 1,500kg. Only available in olive green and black. **Cost R1,899**

The RST Trainer is a great investment and a must have for every student that is involved in sport. It can also be used by the whole family.

Dear Parent, support your child in developing superior fitness and strength levels at a ONCE OF COST!

The RST Trainer will have a phenomenal contribution to his or her sport performance and achievements!! The RST Trainer will benefit your child not just now but for many years to come!!

ORDER and ENROLMENT FORM

Student Name and Surname	
School	
Date of Birth (dd/mm/yyyy)	
Contact Number Student	
Cell Number - Father	
Cell Number - Mother	
E-Mail - Father	
E-Mail - Mother	
Medical Aid Information	
Allergies and Medical Conditions	

RST Color: _____

PAYMENT

OPTION 1

OPTION 2

I just want to order a RST lite Trainer Pack for R1,200

jpgvdr@absamail.co.za

FITNESS COACH: JP van der Riet

Cell: 079 318 4504