

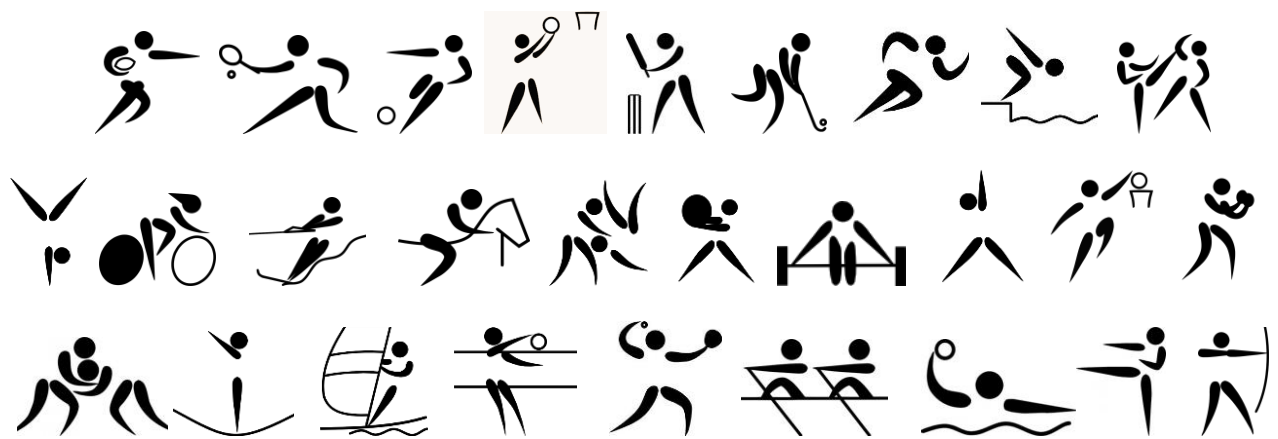


Presents



FOR YOUNG SPORT STARS

DEVELOP SUPERIOR CORE STRENGTH AND FITNESS LEVELS



BECOME THE FASTEST AND MOST EXPLOSIVE ATHLETE YOUR SPORT HAS EVER SEEN!!!

My name is JP van der Riet, owner of RST FITNESS, based in Bredell, Kempton Park, owner and developer of the **RST Trainer (Resistance Suspension Trainer) Training device and THE YOUTH FITNESS ACADEMY.**

RST FITNESS has developed a REVOLUTIONARY NEW EXERCISE DEVICE that uses the students own bodyweight to exercise against. The RST Trainer develops lean muscle. The RST Trainer can be used by boys and girls. This is the safest form of fitness training available today that offers superior fitness and core strength results.

The Youth Fitness Academy will not just be open to students partaking in sports but to all students that want to become more active physically as most kids today lack physical activity. Modern children in contrast to their counterparts of 30 years ago have become couch potatoes. They expend much less energy on physical activity than ever before. Endless hours of watching TV and playing computer games, are probably the major culprits.

On the other hand, many schools do not have the facilities to permit all their pupils to participate in sport, and other schools only concentrate on their best athletes, while the majority of less sporty children are made to sit on the sidelines. Whereas children in years gone by used to walk or cycle to school, buses and 'Mom's taxi' have become the norm nowadays, thus preventing children from getting exercise on a daily basis. The Youth Fitness Academy is thus an opportunity that can benefit all students.

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 8 and 18 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. than being active.

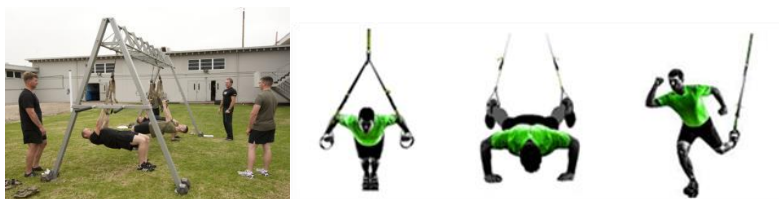
When the sport season starts students many times only have 2 weeks or less to gain some form of fitness levels before games starts. This is a major recipe for disaster as an injury could keep the student out of a sport for a season or could even cripple or paralyze the student for life.

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.

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!**
- Portable, Safe and Space Efficient – Only weighs 1.3kg, can support up to 1,000kg and folds up into a small carry bag.
- Assists in development of superior fitness levels for all types of sport.

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, co-ordination, 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 lower 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.
- Benoni High School and Brentwood Park Primary School
- SA National Defense Force and SAPS, Botswana Police and Defense Force, Egyptian Defense Force, Saudi Arabia Defense Force, Uganda Defense Force.
- ADVTECH and CURRO private schools
- Slender Wonder

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.



RST TRAINER
RESISTANCE SUSPENSION TRAINER
YOUR GYM IN A BAG

Revolutionary new Training Device!!

Use your own body weight to train anywhere anytime Indoors or Outdoors !!!

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 FITNESS ACADEMY WORK AND WHAT IS THE COST INVOLVED?

RST FITNESS will do a **FREE PHYSICAL FITNESS TEST** on each student that partakes in all sport at the school from 8 – 18 years of age.

RST FITNESS uses the ACSM's (American College of Sport Medicine) guidelines for assessments. This Assessment is used by professional coaches worldwide.

The test results will then be sent to the parents with an invite to enroll their son or daughter in the Fitness Academy. RST FITNESS will perform this Physical Fitness Skills Test once a month and the results will be provided to the parents and the school as a method to measure the students' progress.

WHAT WILL THE COST BE?

- Once off Registration Fee of **R200**.
- **1st Month will cost R1,000 + R200 Registration Fee = R1,200. Thereafter the Monthly fee of R400 will be payable for 11 months = Total Yearly Investment of R5,600. Pay the full yearly fee upfront and save R600 only pay R5,000.**
- Package includes **RST Lite Trainer Pack valued at R1,499** (includes RST Training Device, doorstop, extension strap, carry bag, wall chart with 18 exercises and a cd containing 70 exercises). The student will be required to bring along their own RST to training sessions.
- **4 training sessions per month with a RST Training Coach – 1 (Fitness, Strength and Conditioning) training session per week – 45 minute sessions.**
- **Receive a monthly Physical skills assessment to track your child's fitness progress.**
- **Exercises develops lean body muscle thus suitable for boys and girls.**

Dear Parent, support your child in developing superior fitness and strength levels at a ONCE OF COST! The RST will last your child for years to come thus ensuring that your child's fitness levels remains throughout High School and University. 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!!

In life nothing is gained without a vision, a plan and commitment to achieve a goal, effort and self-discipline!!

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