



Title: PIHC Rehabilitation & Strength Training Program

Target Market: Aimed towards **Cyclists** wishing to develop their strength and hill climbing skills. This includes Cyclists currently undertaking rehabilitation at PIHC. Suitable for the many Cyclosporitif events for 2010.

Location: PIHC Performance Enhancement Centre (Melville)
@ the Melville Aquatic Fitness Centre (MAFC) along Marmion Street in Booragoon

Program: Once a week for 5 weeks on Mondays

Time: 745 pm to 845 pm (please report by 730 pm)

Dates: 8 March, 15 March, 22 March (note a 2 week Easter break), 12 April and 19 April.

Cost: \$80.00 for 5 sessions (must attend and pay for all 5 sessions), attendees also will receive a PIHC-Cool Clear Water cycling water bottle each at the first training session while stocks last and on a first register basis.

Payment via Register Now at: <https://www.registernow.com.au/secure/Register.aspx?ID=2430>

Bring along:

- a. Towel
- b. Cycling nix (recommended) and jersey
- c. Cycling gloves (if you have any)
- d. Sweat band / cap
- e. Track or sports shoes and for those with SPD Mountain Bike shoes / cleats
- f. Drink bottle

Supplements: Endura Gels are available at \$3 each and Endura hydration sachets at \$2.50. Please bring along exact change if you wish to purchase these products, prior to the commencement of each program.

Aim of the Program:

1. Assists cyclist with their fitness during the hot summer season and preparing them for many upcoming cycling events ahead
2. Build cadence and strength training for hill climbs;

Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626 Fax: 9316 3904

Email: appointments@pihc.com.au

Mailing Address: P.O Box 1574, Applecross, 6953

ABN: 73 069 383 900

ACN: 069 383 900



3. Suitable for those wishing to build strength especially for the Cycloportif series for 2010
4. Cyclists with mid to lower back conditions;
5. Cyclists with knee based conditions;
6. Weight loss and assisting with metabolic rate

Direction: The RPM room used for this program which is located within MAFC. When you enter the building turn right and walk pass the reception counter (if they ask you say that you are attending the PIHC rehab program) to the room at the extreme end located near to the entrance of the rehab pool (wall is dark blue in colour) – your instructor Sue Jacobs and facilitator Ian Wee will be present to record attendance and assist with the set up of the bike before the program. Bike set up is crucial to this aspect of the rehab program so please adhere to the instructions given.

Further Information: Ian Wee – ianwee@pihc.com.au or 92405266 (PIHC ND in Balcatta), 9364 8626 (PIHC PEC in Melville) or 0418928326.

Last date for booking: 7 March 2010 by 12 noon.

Ian Wee

Principal
Occupational Therapist
Perth Integrated Occupational Therapy

Managing Director
Perth Integrated Health Clinics

Director Sportif
PIHC Cycling Group

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