

C A T A L O G



C.H.E.K

I N S T I T U T E

- Advanced Training Programs
- Correspondence Courses/CECs
- Seminars & Workshops
- DVDs
- Books
- Audio
- Clothing
- Card Sets & Posters
- Training Equipment



www.chekinstitute.com

WELCOME! My name is Paul Chek, founder of the C.H.E.K Institute. Here you'll find information on the world's best Advanced Training Programs, correspondence courses, training equipment, books, and DVDs covering corrective and high-performance conditioning, lifestyle coaching and total body wellness.

I began my career in holistic health and therapy as the trainer for the U.S. Army Boxing Team, working under the tutelage of an osteopathic physician. I went on to attend the Sports Massage Training Institute in San Diego, CA. After graduating there, I spent the next several years integrating exercise and massage therapy. I continued to study and became a Certified Neuromuscular Therapist and licensed Holistic Health Practitioner.

After twenty-five years of research, training and experience, I believe that the body is more than a bundle of joints and levers. The musculoskeletal system is not separate from the mind, emotions, hormones and internal organs. We're a cybernetic system, a series of integrated systems. Each of us is unique and must have a fitness program that considers the individual as a whole.

I founded the C.H.E.K Institute in order to bring coaches, therapists, doctors, and educators together to share perspectives, information and expand our knowledge of holistic health, exercise and wellness. Today, the C.H.E.K Institute continues to expand our knowledge base, and is dedicated to sharing what we've learned.

The programs, products and services you'll find here underscore our commitment to a multi-disciplinary, all-inclusive approach to wellness. Whether you're a professional trainer or an individual in pursuit of health, wellness and better living, I invite you to look through our new catalog, and to give us a call. **We'd love to hear from you!**

Paul Chek

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ABOUT THE C.H.E.K INSTITUTE

The C.H.E.K Institute provides cutting edge, clinically and scientifically-based educational programs, products and services for the fitness and healthcare professional, and the individual in pursuit of better living through optimal health. We accomplish this through DVD correspondence courses, seminars, Advanced Training Programs, books and audio programs, complemented by assessment tools and functional exercise equipment.

Attracting students from across the globe, the C.H.E.K Institute is known worldwide for excellence in education and innovation in the integrated fields of corrective exercise, high-performance conditioning and lifestyle and stress management. C.H.E.K Institute-Trained Professionals are recognized as experts in their field, performing detailed assessments and client evaluations as a prerequisite to designing corrective or performance-enhancing exercise programs, recommending lifestyle changes or implementing stress-reduction techniques.

The C.H.E.K Institute also provides consultation services for health clubs, sports teams, corporations and individuals who wish to incorporate these methods into business, wellness and fitness programs. By increasing the level of knowledge among professionals and the general public, we aim to be a leading authority with an integrative approach to fitness and wellness through corrective exercise, high performance conditioning, lifestyle coaching and total body health, from the inside out.

Implementing the Art and Science of Performance and Well-being

Visit the C.H.E.K Institute Online



- Watch Videos
- View Paul Chek's Schedule
- Shop Online
- Updates & Special Offers
- Free Reports
- Seminars/Workshops
- Find a Practitioner
- Useful Resources

ptEnhance™
personal training enhancement system
www.ptenhance.com



The official business toolkit for C.H.E.K Professionals

- Watch assessment videos online
- Manage clients & programs online
- Online questionnaires & assessments
- Use the world's largest exercise library
- Get a free business website

CHEK CONNECT BONUSES

- Get a premium directory listing
- FREE access to CHEK Connect media

Take a
Free
Tour
Online

HAVE YOU CHEK CONNECTED?

SIGN UP
to get involved in the exciting world of CHEK Connect.
FREE!



1. CHEK Health Index™ (CHI)
 - Nutrition and Lifestyle Questionnaires
 - Stretching and Exercise Program Online
 - Metabolic Typing® Questionnaire
2. Online media section
 - Free Audio and Video Programs
3. Forums
 - General Public
 - Health and Fitness Professionals
 - C.H.E.K Institute Trained Professionals
4. Directory of Health & Fitness Professionals
 - Get your free listing
5. Hear What Paul has to say about CHEK Connect

www.CHEKconnect.com

ADVANCED TRAINING PROGRAMS

"Knowledge is not power until it's applied"
- Paul Chek

What are C.H.E.K Institute-trained Professionals?

There is no such thing as a typical professional trained through the C.H.E.K Institute! From fitness instructor, to medical doctor, to alternative health care provider, people who have attended one or more of the C.H.E.K Institute's Advanced Training Programs work in a variety of environments, with many different types of clients. CHEK Exercise Coaches and C.H.E.K Practitioners may be found in rehabilitation and post-rehabilitation settings, working with professional athletes and teams or with the general public. CHEK Golf Biomechanics work with golfers either in a fitness or clinical facility; many physical therapists and chiropractors find this a profitable addition to their current practice. CHEK Holistic Lifestyle Coaches come from highly varied backgrounds and use the information learned in the Optimal Health and Fitness program in as many different ways. The contact details of C.H.E.K Institute-trained Professionals can be found in a database on [CHEK Connect](#), for easy access by potential clients.

Why study with the C.H.E.K Institute?

Exercise, therapy, conditioning and health-care professionals trained by the C.H.E.K Institute are recognized the world over as the industry elite. Our Advanced Training Programs stress the importance of understanding the unique requirements and challenges of each individual, as a whole. This holistic, integrated approach to training and conditioning ensures optimal results, further enhancing your earning potential. Students of the C.H.E.K Institute have successfully increased fees by 100-300% and still find themselves handling a full load of clients. Studying with the C.H.E.K Institute means you're a highly demanded professional backed by a world leader in the fields of corrective exercise, performance conditioning and lifestyle management. If you're ready to take your career to the next level, give us a call or visit the website to learn more about the C.H.E.K Institute's Advanced Training Programs.

CHEK Golf Performance Series

Whole In One Golf Conditioning



Now you can expand your skills to include a whole new, lucrative niche without taking a week away from work! Become a CHEK Golf Performance Specialist in 3-days and learn how to improve performance in golfers by addressing golf-specific conditioning needs using Paul Chek's Whole In One approach.

THE C.H.E.K SYSTEM OF GOLF CONDITIONING

The C.H.E.K System is designed to address golf-specific conditioning needs and in doing so, improve performance and reduce the risk of injury. Using detailed assessments and personalized programming, the individual issues of each client can be identified and addressed. Over the three-day workshop, you will learn how to:

- Assess the golf swing from a biomechanical and postural point of view.
- Test a client's flexibility and apply the correlating stretches.
- Use the Flexibility-Stability-Strength-Power conditioning progression to optimally improve golf performance and much more!

WHOLE IN ONE GOLF CONDITIONING PREREQUISITES:



The Golf Biomechanics Manual
3rd Edition (US \$49.95)
by Paul Chek



A Scientific Approach to Golf Conditioning DVD (US \$34.95)



How to Eat, Move and Be Healthy! (US \$24.95)
by Paul Chek

YOUR INVESTMENT US \$1,047

Early bird prices and payment plans available. Please call 800.552.8789 for more information.



WHAT PEOPLE ARE SAYING

"I've had the occasion to work with some of the best physical conditioning specialists in the golf industry...I can say without reservation that Paul Chek, his work and contribution in the field of golf is on the cutting-edge."
Bob Cisco - California, USA

"One client gained 15 meters more on a six iron in one session just by activating the transverse abdominis. Great results, better investment than Titanium Clubs!"

Hamish Hurley - London, UK

"If you want to double or triple your income, train, be the best in the industry and have the respect of your peers, the C.H.E.K Institute is how you do it!"

Dee Tidwell - Colorado, USA

"I bought your Golf Biomechanics manual and have been following the program for three months. This is the most fantastic compilation of training technique and information I have ever seen."

Michael D. Rutkowski - USA

CHEK Exercise Coach



This highly practical five day course will give you the skills to become a superior exercise professional. After attending the CHEK Exercise Coach Program, you will be able to effectively administer individualized exercise programs for all types of clients. Correct technique is emphasised throughout the course, with plenty of hands-on assistance from the CHEK Faculty.

A key component of this program is the integration of mind-body fitness and traditional exercise prescription.

You will understand how different types of exercise, from Tai Chi to cardiovascular conditioning to weight-training, affect both parts of the autonomic nervous system - an often neglected factor that is vital to achieving success with your clients.

Using the C.H.E.K Institute's unique system of assessing physiological load, developed by Paul Chek, you can determine the amount of physical and emotional stress placed upon the body. Using this system you will be able to implement results-producing programs that enhance your client's function and overall well-being. At the conclusion of this course, you will be able to:

- Assess your client's physiological load and write exercise programs to address low, moderate and high overall loads.
- Assess functional deficits and imbalances in the core and back musculature.
- Design personalized exercise programs that balance the autonomic nervous system.
- Understand how optimizing posture not only improves function, but increases overall wellness.
- Implement a plethora of exercises that enhance function.

THE CHEK PROGRESSION

CHEK Exercise Coach

(prerequisites: Program Design course; Scientific Core Conditioning course; Scientific Back Training course, *How to Eat, Move and Be Healthy!*; *Movement that Matters*)

C.H.E.K Practitioner Level 1

(prerequisites: CHEK Exercise Coach; Flatten Your Abs Forever DVD; Advanced Program Design course; Equal, But Not the Same course)

C.H.E.K Practitioner Level 2

(prerequisites: C.H.E.K Practitioner Level 1; Dynamic Medicine Ball Training course; Swiss Ball Training course; Advanced Swiss Ball Training for Rehabilitation course)

C.H.E.K Practitioner Level 3

(prerequisites: C.H.E.K Practitioner Level 2; 2-10 Case Histories)
*plus pre-course reading

C.H.E.K Practitioner Level 4

(prerequisites: C.H.E.K Practitioner Level 3; 2-10 Case Histories)
*plus pre-course reading

Master C.H.E.K Practitioner
(Exams, thesis, presentation)

BENEFITS

- Be one of the top professionals in the exercise field
- Many CHEK Exercise Coaches income successfully increase their rates two- or three-fold.
- Gain advanced skills that make a meaningful difference in the lives of your clients
- The opportunity to be your own boss
- Premier listing on CHEK Connect database
- Membership to the CHEK Forums on CHEK Connect

WHAT PEOPLE ARE SAYING

"I have recently [attended] the C.H.E.K Institute Exercise Coach course in the UK. Two weeks later I am reaping in the benefits! Besides the fact that my prices have now raised a considerable amount, I find myself delivering a more comprehensive service to my clients. The knowledge and skills I have learnt from the course have greatly impressed those who I coach and as a result my client base has increased...in just two weeks. I can't wait to see what happens in two months time!!"

James Wild - Surrey, UK

"I give the C.H.E.K Institute my highest recommendation and believe that all exercisers and exercise/medical professionals will benefit from the quality and unique information contained in the [prerequisite courses].... Whether you work in the exercise [or] medical field [or] you simply would like to become more enlightened, I believe [the C.H.E.K Institute's] expertise will be invaluable to you."

David Reinherz - Pennsylvania, USA

"I took the plunge and invested in the Exercise Coach [program] and together with [How to] Eat, Move & be Healthy! it is the best investment I think I have ever made."

Mark Bailey - New Jersey, USA

PREREQUISITES (must be completed 30 days before course)



Scientific Core Conditioning course (US \$295):

The most comprehensive program on conditioning the abdominal musculature. (see page 8)



Scientific Back Training course 2nd Edition (US \$295):

An essential tool to maintain a healthy back and reduce the risk of back injury both in and out of the gym. Revised 2011 (see page 9)



Program Design course 2nd Edition (US \$159):

A key skill for any fitness professional is being able to design individualized exercise programs that will lead to optimal performance for all types of clients; this correspondence course is designed to teach you to do just that! . Updated 2011 (see page 9)



***Movement that Matters** by Paul Chek (US \$19.95) (see page 18)



***How to Eat, Move and Be Healthy!** by Paul Chek (US \$24.95) (see page 18)

Prerequisite packages available. See page 9. *Books not included in prerequisite package.

YOUR INVESTMENT

CHEK Exercise Coach Program	US \$1,947
CHEK Exercise Coach Prerequisite Package	US \$660
Complete CHEK Exercise Coach Package	US \$2,427

Save \$269 when you register for the CHEK Exercise Coach Program and purchase all three prerequisite courses together.

Payment plans available. Please call 800.552.8789 for more information.



C.H.E.K Practitioner Program

The C.H.E.K Practitioner Program is ground-breaking. This four-level program is designed to be completed over two to four years as it draws inspiration from several fields of health and fitness such as orthopedics, corrective exercise, massage therapy, chiropractics, alternative therapies, and strength training. The goal of the program is to provide you with the knowledge necessary to work with your clients to achieve optimal results. The C.H.E.K Practitioner Program is oriented directly to develop practical skills by mastering the underlying theories along with the hands-on applications. Even after completing just the first level of the C.H.E.K Practitioner Program, you will become a more skilled professional.

CP 1 (FIVE DAYS)

C.H.E.K Practitioner Level 1 expands the CHEK Exercise Coach's knowledge of exercise and its scientific, therapeutic, and performance applications. Students learn infant development assessment as a means of identifying the physical, emotional and mental etiology of movement inefficiency. Paul Chek's Primal Pattern® system of movement analysis is taught in C.H.E.K Practitioner Level 1 as a seamless progression from infant development. The C.H.E.K Practitioner Level 1 student learns to identify which Primal Pattern® movements are essential to each individual's work, home, recreational, and/or sporting environment. C.H.E.K Practitioner Level 1's learn how to identify which systems of the body must be balanced to create well-being as part of a skillfully designed exercise program.

CP 2 (FIVE DAYS)

C.H.E.K Practitioner Level 2's learn how to identify red flags as a necessary system of preventing injury through exercise. C.H.E.K Practitioner Level 2's learn spinal biomechanics, neurological screening, essential orthopedic screening tests, length/tension assessments, corrective stretching, specific corrective exercise technologies, and how to refer to allied medical practitioners. Advanced level postural assessment using goniometric technology gives the C.H.E.K Practitioner Level 2 the ability to design highly specific corrective exercise programs. The C.H.E.K Practitioner Level 2 is an invaluable addition to any medical practice treating work, sports, and recreational orthopedic injuries. They are also key contributors to the professional sports medicine and conditioning teams.

CP 3 (NINE DAYS)

The C.H.E.K Practitioner Level 3 learns how to assess the body in accordance with Paul Chek's Totem Pole system of evaluation and correction. Based on developmental and survival reflexes, the C.H.E.K Practitioner Level 3 learns to assess key cranial nerve functions, the temporomandibular joint and bite function, cervical, and shoulder biomechanics. Specific orthopedic tests, length/tension assessments, stretches, mobilizations, and corrective exercise techniques are thoroughly covered. The C.H.E.K Practitioner Level 3 also learns the emotional and mental connections to why people don't heal. The C.H.E.K Practitioner Level 3 is an excellent team member in any medical practice handling complex cases, and on any amateur or professional sports team where technical approaches to exercise and well-being are needed.

CP 4 (NINE DAYS)

C.H.E.K Practitioner Level 4's learn to integrate all the training they've received in each of the prior C.H.E.K Practitioner Levels. C.H.E.K Practitioner Level 4 begins with a comprehensive review of all prior C.H.E.K teachings to assure clarity before moving forward. Next, Metaphysics are taught as they relate to reading the body; through correlation of physical and energetic centers, C.H.E.K Practitioner Level 4's learn how to address the emotional, mental and spiritual components to health and disease. Using Paul Chek's unique 4 Doctors system for designing a total well-being program, C.H.E.K Practitioner Level 4's master the use of this state-of-the-art tool. The C.H.E.K Practitioner Level 4's are highly skilled and typically own and operate their own health and exercise centers around the world.

WHAT PEOPLE ARE SAYING

"Since becoming a C.H.E.K Practitioner Level 2 and a CHEK Golf Biomechanic, I've been inundated with referrals from chiropractors, physical therapists, massage therapists, podiatrists, and strength coaches around Boston. Their reverence for my knowledge and expertise proves the C.H.E.K Institute is stamped with excellence!"

Bradford M. Rao - Mississippi, USA

"I have...a new understanding of how to appropriately address the specific needs and desires of any given client's lifestyle. My career as a personal trainer has been transformed, and it is exciting to watch my clients progress as a result."

Tanya Clifton - California, USA

"The C.H.E.K Practitioner Level 2 training has been extremely useful and profitable, as it integrated and extended [C.H.E.K Practitioner] Level 1 concepts into assessment skills which I applied immediately. Being able to uncover and solve more complex patient challenges has significantly increased my referral base. Plus, I'm having more fun achieving more and better results! I feel that Paul and his staff at the C.H.E.K Institute continue to develop the most effective and comprehensive approaches to health, rehabilitation and performance. I can't wait to experience another quantum leap at [C.H.E.K Practitioner] Level 3!"

Doug M. Hayes - Florida, USA

PREREQUISITES

Each level has its own prerequisites to be read or completed before advancing to the next level, and may consist of books, correspondence courses, DVD's and Case Histories.

Prerequisite packages available on pages 11 and 12.

YOUR INVESTMENT

C.H.E.K Practitioner Level 1	US \$2,197
C.H.E.K Practitioner Level 2	US \$2,197
C.H.E.K Practitioner Level 3	US \$3,647
C.H.E.K Practitioner Level 4	US \$3,647

Early bird prices and payment plans available. Please call 800.552.8789 for more information.

CHEK Holistic Lifestyle Coach Program



This three-level program is based upon the techniques that have helped thousands of people increase vitality, decrease stress and sculpt the body of their dreams. Each level looks in increasing detail at the underlying causes of disease and stress, consider-

ing the body as a “system of systems.” Using a coaching model, you will learn how disease and stress are preventable through healthy eating habits, lifestyle management and appropriate types of exercise.

You will understand why every meal, every bout of exercise and every late night has a hormonal consequence. You will be given tools, such as in-depth questionnaires, to assess your clients or yourselves and allow you to determine their or your readiness for change.

HOW TO EAT, MOVE AND BE HEALTHY!

CHEK HLC 1 (THREE DAYS)

This is the foundation of the CHEK Holistic Lifestyle Coach Program, focusing on effective techniques for attaining optimal health from the inside out that can be implemented by anyone. You'll learn how to identify common problems that if not recognized can quickly become roadblocks to success. Each day also includes practice of Paul Chek's Zone Exercises to positively influence digestion, circadian health, reduce stress and increase wellbeing.

CHEK HLC 2 (FIVE DAYS)

CHEK Holistic Lifestyle Coach Level 2 builds upon the foundational principles covered in HLC 1, showing you how to apply these with clients and patients. You will also learn Paul Chek's *HLC Principles of Coaching*; essential for a successful health and lifestyle coaching practice. Some of the key learning objectives of this course include:

- Understand how to use the HLC 2 Health Appraisal Questionnaire to design an etiology-based wellness program for your clients
- Learn how to use Paul Chek's 4 Doctors Living Philosophy as an effective client management strategy
- Understand the science of mind for effective problem solving
- And much more!

CHEK HLC 3 (SIX DAYS)

CHEK Holistic Lifestyle Coach Level 3 is an advanced training program designed to improve and refine your skills at assessment and management of challenging clients. You will learn how human energy systems are resourced, recognize stages of infant development with mind-body correlations as well as becoming familiar with bioenergy and psychospiritual influences to help clients restore optimal health. This course includes:

- A thorough review of the chakra system with the interrelation of meridians, glands, organs and the musculoskeletal system
- Mind-mapping to understand stages of ego-mind development
- Infant development exercises and stretches
- Organ mapping systems
- And much more!

PREREQUISITES

Each course has its own prerequisites to be read or completed before advancing to the next level. To start, HLC 1 has one prerequisite in the book *How to Eat, Move and Be Healthy!* By Paul Chek.

BENEFITS

No matter what your profession, you'll likely agree that just because someone is not sick, does not mean he is well! Most chronic diseases take years to develop, but a healthy lifestyle can go a long way toward prevention. The information presented in the CHEK Optimal Health and Fitness through Practical Nutrition & Holistic Lifestyle Coach Program (HLC) does not include “quick fixes”-which never work long term-but instead uses proven principles which build a strong foundation of health.

Fitness Professionals can provide their clients with the missing link to achieve the body they want and to improve their vitality and energy levels.

Chiropractors, Physical Therapists and Rehabilitation

Specialists can use the special assessments and principles taught in this series of courses to help them achieve lasting results and improve the structural integrity of their patients!

Alternative Healthcare Providers and Massage Therapists can quickly increase their value by offering their clients practical ways to live a lifestyle more in tune with the therapy they are providing.

Even those that are **not fitness professionals** will enjoy this course! HLC 1 is designed for the layperson and professional alike, teaching the foundational principles of the CHEK approach to health and wellness. You can easily apply these techniques and methods to yourself and your family.

WHAT PEOPLE ARE SAYING

“With the Level 1 of the [HLC program] under your belt you will be two steps ahead of your competitors. This powerful course will help you improve your clients’ health and fitness on many levels. The [HLC] seminars open your mind and heart to a whole new world of personal and professional success. If this is the industry for you and you want to be the best, I highly recommend investing in the [HLC program]. The results speak for themselves.”

James Williams - London, UK

“The C.H.E.K Institute is simply one of a kind. Paul Chek is the industry leader in educating trainers with information that is years ahead of anyone else. C.H.E.K training has changed my personal training focus in nutrition, longevity, program design and so much more. Thank you!”

Danielle Steiner - Vancouver, CAN

“I returned from the [HLC] course and signed double the cost of the course in new contracts within four days. I would not invest my energy (money) if the quality was not present. Not to mention [the HLC program] probably saved my life.”

Shawn Frost - Florida, USA



YOUR INVESTMENT

CHEK Holistic Lifestyle Coach Level 1	US \$697
CHEK Holistic Lifestyle Coach Level 2	US \$2,197
CHEK Holistic Lifestyle Coach Level 3	US \$2,647

Early bird prices and payment plans available. Please call 800.552.8789 for more information.

CORRESPONDENCE COURSES

Scientific Core Conditioning

8 DVDs | (7 hrs, 45 min) | Manual and Test

ACE 2.4, NATA 30, NSCA 1.5, ISSA 16, ACSM 24, BCRPA 24, Fitness Australia 15, REPS Australia/NZ 30, REPS UK 6, Cooper Inst. 24, NASM 1.9



The core, or torso, is the action center of the body and serves many key functions that contribute to overall performance. *Scientific Core Conditioning* is the most comprehensive, in-depth course available on this vitally important subject. Expand your knowledge of the abdominal musculature and its biomechanical relationship to the entire kinetic chain when applied to the prevention of back pain, maintaining good posture and optimal sports performance.

You will learn:

- Functional anatomy of the core and related musculature.
- Support mechanisms provided by the abdominal muscles.
- Why tongue position is crucial when training.
- How faulty abdominal training can create postural problems.
- How to assess core function.
- How to re-establish activation of the abdominal wall after abdominal surgery such as caesarian section, hysterectomy and hernia repair, or in the de-conditioned client.
- Why core coordination and strength tests are essential for your orthopedic patients and competitive athletes.
- Exercises suitable for the post-rehabilitation patient all the way to performance enhancing techniques used for training both amateur and professional athletes.

This advanced program will streamline and empower your current approach to abdominal exercise prescription. It is a must for professionals involved in orthopedic rehabilitation, strength and conditioning coaches, both personal as well as athletic trainers and fitness instructors.

4 lbs. | \$295

Scientific Core Conditioning Sub-Sections

Now you can complete *Scientific Core Conditioning*, the most comprehensive, in-depth course available on core conditioning, in four separate short courses!

*Each course comes with 2 DVDs, a manual and test.

Functional Anatomy of the Core

ACE 0.5, NATA 7, NASM 0.5, NSCA 0.5, ISSA 5, ACSM 5, REPS Australia/NZ 13, BCRPA 5, REPS UK 4, Cooper Inst. 5



Understand how the abdominal and back musculature interacts to stabilize and move the core and extremities.

2 lbs. | \$99

Assessing Core Function

ACE 0.5, NATA 5, NASM 0.5, NSCA 0.5, ISSA 5, ACSM 5, REPS Australia/NZ 13, BCRPA 5, REPS UK 4, Cooper Inst. 5



Learn how to perform a thorough assessment of core function in order to select the appropriate exercises for your clients.

2 lbs. | \$99

Core Conditioning Exercises

ACE 0.5, NATA 6, NASM 0.5, NSCA 0.5, ISSA 5, ACSM 5, REPS Australia/NZ 13, BCRPA 5, REPS UK 4, Cooper Inst. 5



This course features a multitude of functional and innovative exercises to keep you and your clients stimulated. Learn core conditioning exercises without equipment, as well as using Swiss balls, medicine balls, free weights and cables.

2 lbs. | \$99

High Performance Core Conditioning

ACE 0.5, NATA 5, NASM 0.5, NSCA 0.5, ISSA 5, ACSM 5, REPS Australia/NZ 13, BCRPA 5, REPS UK 4, Cooper Inst. 5



With dozens of exercises to challenge even the most accomplished athlete, you will learn how to design core conditioning programs to increase speed and power.

2 lbs. | \$99

Catch a Seminar & Earn CEC's!

The C.H.E.K Institute's DVD correspondence courses allow you to participate in a seminar without having to leave your home! Each course comes with a DVD or set of DVDs and a comprehensive manual. Simply watch the DVDs and follow along in the manual, taking extra notes as needed. Practice all exercises or assessment techniques so you become familiar with the concepts presented. Then take the multiple choice / short-answer test in the manual and return it to the C.H.E.K Institute for grading. A certificate of completion will be sent to those who score 80% or better. Now it's easier than ever to expand your knowledge and earn CECs! Some tests can be completed online for immediate grading - full details and instructions are included in the course manual.

Program Design Choosing Reps, Sets, Loads, Tempo and Rest Periods **2nd Edition** 2 DVDs | Manual and Test

ACE 0.8, NATA 10, NASM 0.7, NSCA 0.5, ISSA 7, ACSM 8, Fitness Australia 6, REPS Australia/NZ 11, BCRPA 8, REPS UK 6, Cooper Inst. 8



Exercise is like a drug; given in the right quantities at the right time, it can help a person. In the wrong quantities at the wrong time it can hurt the same person. A key skill for any fitness professional is being able to design individualized exercise programs that will lead to optimal performance for all types of clients; this correspondence course is designed to teach you to do just that! You will learn how to combine and manipulate acute exercise variables; not just reps and sets, but also loads, tempo and rest periods. Periodization concepts are covered and case histories are used as illustrations, bringing real-life examples to help you understand these critical factors. Move far beyond the “one-program-fits-all” approach and develop an in-depth understanding of how to use the science of selecting acute exercise variables to create effective programs for all your clients.

You will learn:

- How to select optimal rep/intensity zones to achieve any desired outcome
- How to calculate repetition/intensity correlations
- How to determine how many sets are optimal for developing optimal strength
- The science and application of tempo
- How to select the optimal rest period length for any exercise, in any loading zone
- Periodization concepts for program development

2 lbs. | \$159

Scientific Back Training **2nd Edition** 7 DVDs | Manual and Test

ACE 1.8, NATA 17.5, NASM 0.7, NSCA 1, ISSA 16, ACSM 18, Fitness Australia 14, REPS Australia/NZ 23, BCRPA 14, REPS UK 6, Cooper Inst. 18



This comprehensive correspondence course is intended for serious strength and conditioning specialists, rehabilitation specialists and personal trainers. The course reviews and analyzes the biomechanical intricacies of stabilization exercises as a necessary prerequisite to general strengthening of torso musculature for patients, the general public and athletes. This information is essential for preventing repetitive stress disorders that lead to injury. The synergistic interaction of muscle groups in performing complex frontal, transverse and sagittal plane movements are explained and assessments practiced. Technique flaws, harmful to spinal structures, that encourage postural degeneration are exposed, addressed and countermanded to reestablish optimal function. Phase 1, 2 and 3 spinal rehabilitation, stabilization and strength exercises are demonstrated, with variations and detailed technical cues.

You will learn:

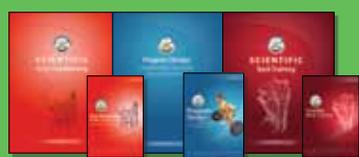
- How the functional anatomy of the torso, extremities and inner and outer unit relationships relate to spinal health
- The biomechanical intricacies of trunk stabilization and the importance of strong back stabilization.
- How to use a control system approach as part of a comprehensive, holistic program for prevention and resolution of back pain.
- How to perform a joint range of motion assessment on the lower extremities and how joint restriction effects squat technique.
- How to apply principles of functional anatomy when selecting stretches and exercises for preventing and alleviating back pain.
- Proper exercise technique, exercise selection, order of application and exercise modifications for effective program development.

4 lbs. | \$295

“The information contained in the Scientific Back Training course is so effective at evaluating and correcting many special dysfunctions that it should be a required course of all chiropractic and/or P.T. schools. If I could choose a clinician to evaluate a muscle-skeletal complaint of mine, my family, or my patients, I would choose Paul Chek even before myself. The entire physical therapy department is now learning from Mr. Chek. The course was worth 50 times the cost. Thank you so much!”

Anthony Hall - Wisconsin, USA

CHEK Exercise Coach Prerequisite Package



Prerequisites included in package:

- Scientific Core Conditioning course
- Scientific Back Training course
- Program Design course

Save \$70 when you buy all 3 prerequisite courses together!

Prerequisites not included in package:

- *Movement that Matters* book by Paul Chek
- *How to Eat, Move and Be Healthy!* book by Paul Chek

9 lbs. | \$660

Primal Pattern® Movements A Neurodevelopmental Approach to Conditioning **2 DVDs | (2 hrs, 20 min) | Manual and Test**

NASM 0.5, ISSA 5, NATA 2.5, REPS Australia/NZ 7, BCRPA 5, Fitness Australia 5, REPS UK 4, Cooper Inst. 3



Despite the ever increasing availability of medical, sports and exercise technology - and a historically high number of doctors per capita - there are more orthopedic injuries than ever before! It doesn't have to be that way. Paul Chek shares his unique approach to preventing orthopedic injury and improving performance through nutrition and optimal motor engram programming in this highly intriguing lecture.

- Learn why a holistic approach will develop optimal resiliency in the body.
- Understand the importance of a base conditioning program and what these programs should address.
- Learn the key concepts behind optimal motor engram programming.

2 lbs. | \$99**Scientific Shoulder Training** 3 DVDs | (6 hrs, 33 min) | Manual and Test(CECs & CEUs pending)

Take a trip through the functional anatomy of the shoulder and discover how you can develop preventative, performance and corrective exercise programs better than ever before. As with any part of the body, the shoulder must be considered in conjunction with the rest of the musculo-skeletal structure, plus the organ and hormonal systems. Building upon the foundation of functional anatomy, you will understand how to "assess, not guess" before designing exercise programs that are based on the interactive anatomy of the shoulder.

You will learn:

- The functional anatomy of the shoulder complex and how it is dictated by the selective pressures of nature.
- How the shoulder interacts with the torso and why dysfunction elsewhere in the kinetic chain can lead to shoulder injury.
- Key assessments to test for shoulder stabilization and function
- Proper lifting techniques to prevent unnecessary shoulder injuries during resistance training.
- The "Success Formula" for effective conditioning of the shoulder complex.

3 lbs. | \$325

"What prompted me to write...was the outstanding level of professionalism your staff displayed during my completion of [C.H.E.K Practitioner Level 1]. Janet Alexander and Chris Maund are two of the best teachers I have had the opportunity to learn from. I am a certified Navy Instructor and taught in the advanced training division of the Naval Special Warfare Center for 3 years. My background on teaching techniques is extensive. As soon as my head stops throbbing from all the information that was recently jammed into it, I will most definitely be continuing my education with the C.H.E.K Institute!"

Donald L. Raimon - Florida, USA

"My experience with the C.H.E.K Institute has been nothing but positive. My expertise, creativity, and versatility and specificity has increased tenfold, not to mention my earnings!"

John Cowell - North Carolina, USA**Course Share Program**

If two or more people wish to take a course and share one set of DVDs, we have a special program for you. Purchase the first course at the regular price (complete with manual and DVDs), and get 50% off the regular price for all additional students (one manual provided per student). We recommend no more than 10 people to share one set of DVDs to ensure the best learning experience. There is no limit on when the extra manuals can be purchased. Designed especially for gyms wishing to train staff or friends wanting to study together.

Advanced Program Design 7 DVDs | (8 hrs) | Manual and Test

ACE 1.5, NATA 21.0, NASM 1.0, NSCA 1, ISSA 16.0, ACSM 15, Fitness Australia 13, REPS Australia/NZ 30, BCRPA 15.0, REPS UK 6, Cooper Inst. 20



This highly challenging and demanding program will teach you how to design the world's most effective corrective and high-performance exercise program in existence. Based upon Paul Chek's two-day seminar, *Advanced Program Design* will spark creativity and inspire you to reach beyond components comprising the average program. You will learn:

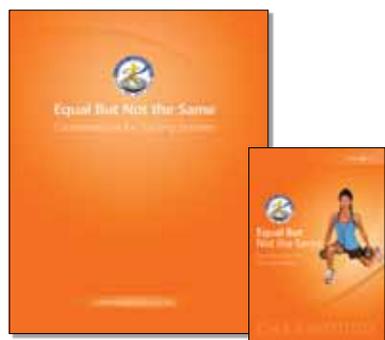
- Paul Chek's "Primal Pattern" Movement Assessment" system for biomechanical assessment and exercise selection.
- A comprehensive system for rating core conditioning requirements.
- How to rate and prioritize bio-motor abilities.
- How to properly periodize a program based on exercise and medical history.

Having covered these seldom considered, but critical aspects of program design, you will learn to build base and specific conditioning programs for everyone from the injured worker to the most proficient athlete. This course is intended for the experienced exercise and rehabilitation professional with a serious desire to develop the ultimate conditioning program. The final exam requires creating and submitting programs for review.

*Completion of *Program Design – Choosing reps, sets, loads, tempo and rest periods* either by live seminar or correspondence course is recommended. A thorough understanding of acute exercise variables will be assumed. **4 lbs. | \$325**

Equal, But Not the Same 5 DVDs | (5 hrs, 30 min) | Manual and Test

ACE 1.5, NASM 0.7, NSCA 1, ISSA 16, ACSM 15, NATA 18, Fitness Australia 15, REPS Australia/NZ 30, BCRPA 15, REPS UK 6, ACSM 15, Cooper Inst. 15



Based upon current research and years of clinical experience treating orthopedic disorders in women, Paul Chek presents a scientific approach to training females. This insightful and informative course addresses the following female concerns:

- How the female client differs and why specific exercise programming is essential.
- How to recognize common joint instabilities and orthopedic issues.
- How to recognize common postural problems.
- Hormonal and nutritional considerations that need to be taken into account when designing effective programs for females.
- Corrective exercises that address common concerns.
- The science behind designing exercise programs to achieve esthetic goals.
- The Stability-Strength-Power training formula.

Certain to provide a paradigm shift for the exercise professional, this course will provide cutting-edge information sure to improve your success with female clients! **3 lbs. | \$250**

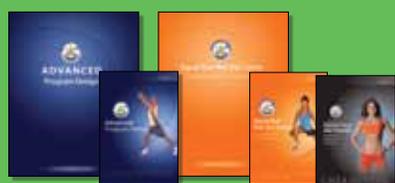
"Advanced Program Design was an amazing course. This correspondence course helped to separate me from my competition. If you want to excel in the fitness field, the only way to go is Paul Chek!"

Jonathan Di Florio - New York, USA

"The Equal, But Not The Same course gave me a new insight on training. I always knew that females should be trained differently from men, but this course put a logical spin on it."

Gasper Aluzzo - Virginia, USA

C.H.E.K Practitioner Level 1 Prerequisite Package



Prerequisites:

- Advanced Program Design course
- Equal, But Not the Same course
- Flatten Your Abs Forever DVD

Save \$60 when you buy both prerequisite courses + DVD together!

8 lbs. | \$550

Swiss Ball Training 3 DVDs | (2 hrs, 22 min) | Manual and Test

ACE 1, NATA 6, NASM 0.7, NSCA 0.5, ISSA 8, ACSM 10, BCRPA 10, REPS Australia/NZ 13, Fitness Australia 12, REPS UK 6, Cooper Inst. 10



Developed by Paul Chek, the pioneer of Swiss ball training for athletes, this course explains how to use this excellent tool to improve balance, posture and dynamic strength, plus train equilibrium and tilting and righting reactions. Used in rehabilitation since the 1960s, Swiss balls are fast gaining popularity in training environments because of the many benefits they provide for one and all. **(DVDs only on page 14)**

In this comprehensive, highly practical course you will learn:

- The science behind the use of Swiss balls.
- How to choose the right size Swiss ball for optimum training.
- Stretching techniques.
- Beginner to advanced level exercises for the upper and lower back, abdominals, shoulder girdle, gluteals, hip musculature and lower limbs are included. Exercises cover the entire spectrum of intensity and complexity for novice and elite athletes alike.
- Precautions for orthopedic conditions.

2 lbs. | \$125
*no ball included

Advanced Swiss Ball Training for Rehabilitation 2 DVDs | (3 hrs, 12 min) | Manual and Test

ACE 0.5, NATA 8, NASM 0.7, NSCA 0.5, ISSA 5, ACSM 5, REPS Australia/NZ 18, Fitness Australia 10, BCRPA 5, REPS UK 4, Cooper Inst. 5



This course shows you how to apply the science of biomechanics and kinesiology to advanced assessments and functional training techniques using the Swiss ball. You'll learn the benefits of using a Swiss ball for rehabilitation and injury prevention as well as how to identify postural problems and instabilities using Swiss ball assessments. After completing the course, you will be able to develop these assessments into corrective exercises, with appropriate modifications for your client's condition and training level. **(DVDs only on page 14)**

You will learn:

- How to identify eight factors that can lead to injury.
- How to perform a simple but effective postural assessment.
- How and why to rank biomotor abilities.
- The benefits of Swiss ball training over other training modalities.
- The concept and application of a Big Bang™ exercise.
- How to use six key Swiss ball exercises as part of an assessment and as exercises.

2 lbs. | \$159

Dynamic Medicine Ball Training 4 DVDs | (3 hrs, 33 min) | Manual and Test

ACE 1.3, NATA 11, NASM 0.7, NSCA 0.7, ISSA 7, ACSM 13, REPS Australia/NZ 23, BCRPA 13, Fitness Australia 15, REPS UK 6, Cooper Inst. 8



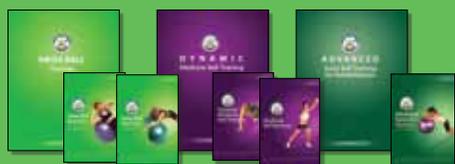
From rehabilitation to explosive or endurance training, medicine balls can be used for a wide range of purposes. Due to the dynamic capabilities of medicine ball training, there is a high functional carry over into athletic performance and everyday life. In this course, Paul Chek teaches the science and application of medicine balls including:

- Why medicine ball training works and how to select the appropriate ball size and weight.
- Program design for optimal performance, including criteria for choosing repetitions, sets, intensity, rest periods and speed of movement.
- The science of strength and power development for torso, rotator cuff as well as upper and lower extremities using medicine balls.
- Precautions for orthopedic conditions and rehabilitation exercises.

Medicine ball training provides a variety of excellent movement patterns, speed of movement, functional eccentric loading and adds dimension to the programs of any personal trainer, athlete, athletic trainer, rehabilitation specialist and/or strength coach. **(DVDs only on page 14)**

3 lbs. | \$175

C.H.E.K Practitioner Level 2 Prerequisite Package



Prerequisites:

- Swiss Ball Training course (without a ball)
- Dynamic Medicine Ball Training course
- Advanced Swiss Ball Training for Rehabilitation course

7 lbs. | \$410

Save \$49 when you buy all 3 prerequisite courses together!

*For the most up-to-date CEC/CEU point totals for all correspondence courses please visit our Shop section of the C.H.E.K Institute website as these point totals can change.

CLOTHING

CHEK Patches 2.5" diameter



0.1 lbs. | \$5
 0.1 lbs. | \$5
 0.1 lbs. | \$5
 0.1 lbs. | \$5

These patches can help set you apart from the rest! These are for C.H.E.K Institute-trained Professionals only! **Buy 4 get 1 FREE!**

C.H.E.K Lanyard

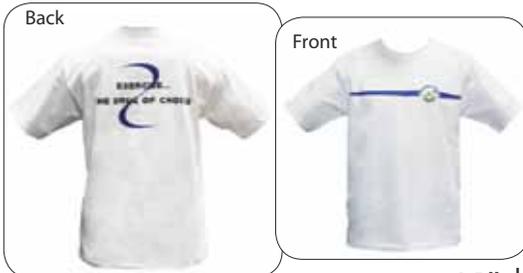


0.1 lbs. | \$4.95

Exercise...the Drug of Choice T-shirts

Let them know you train with the best! These Hanes, Beefy T-shirts are 100% cotton and are available in either Black or White. On the front is the C.H.E.K Institute emblem and the back reads "Exercise...The Drug of Choice."

Men's Size: S, M, L, XL, XXL (also available in black)



*XXL T-shirts are \$22.95

0.5 lb. | \$19.95
 0.5 lb. | \$19.95

Ladies fitted tee

Size: S, M, L (also available in white)



The same graphics as the men's shirts but specially styled for females, with shorter sleeves, shaped through the main body and cut to hip length.

0.5 lbs. | \$19.95
 0.5 lbs. | \$19.95

New e-Learning!

Now you can take the most popular C.H.E.K Institute correspondence courses online.

9 REASONS why the C.H.E.K Institute's e-Learning system is right for you:

1. **Immediate access** to our comprehensive and acclaimed home-study courses; no more waiting for the parcel to arrive in the mail before you can start learning.
2. Straightforward and easy to use. **You don't need to be a geek!**
3. **Study when and where you want!** You just need a laptop / smart phone / iPad and internet access – no DVD player or TV required.
4. Immediate grading of your tests and an **instant Certificate of Completion** with CECs and CEUs when you pass the course.
5. **Cheaper** than regular DVD home-study courses! And did we mention there is no shipping, so they are "greener" too!
6. No need for long downloads or huge files. All the **video and audio is streamed quickly and efficiently** from world-wide servers. The course manual is downloadable as a quick PDF file.
7. Don't want to print off piles of paper? A professionally **printed and bound manual is available** for each course for just a few \$\$ more.
8. Start and stop when you like – **our smart system remembers where you left off** and will pick up at the same place when you next log on.
9. **Interactive mini-tests** throughout the courses improve your understanding of the subject and make it easier to use the information with your clients.

www.chekinstitute.com/e-learning



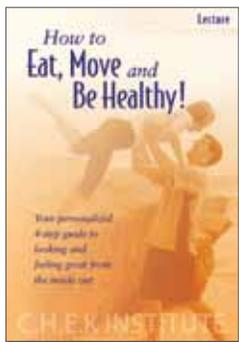
DVDs

How to Eat, Move and Be Healthy!

(2 DVDs : 3+ hour lecture)

Expanding upon his best selling book *How to Eat, Move and Be Healthy!* this presentation delves into the foundation principles for those seeking a holistic approach to optimal health.

You will learn:



- Who are the Last Four Doctors you will ever need.
- Why health starts from the ground up - literally!
- The important lessons about our food and diet that we must learn from research performed in the early 20th century.
- Why lions don't eat leaves and giraffes don't eat meat.
- If stress is making your pants tight - and what you can do about it.
- Which 4 White Devils are present in every modern diet.

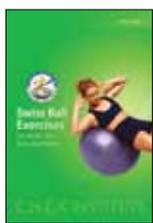
- How it is essential to integrate our physical, emotional, mental and spiritual aspects to create overall well-being.

0.5 lb. | \$44.95

Get the book and DVD together and SAVE! Page 16

Swiss Ball Exercises for Better Abs, Buns & Backs

(1 DVD : 61 min)

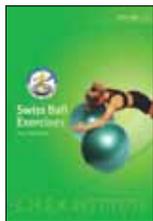


Our most popular DVD! Paul Chek takes you through an active warm-up and a half-hour workout, teaching everything you need to get underway with Swiss ball training, beginning with one-on-one instruction of proper technique and variations for each exercise. We recommend mastering these exercises before progressing to *Swiss Ball Exercises for Athletes* or *Strong 'N' Stable*.

0.5 lbs. | \$24.95

Swiss Ball Exercises For Athletes

(2 DVDs : 81 min)



Once you've mastered *Swiss Ball Exercises for Better Abs, Buns and Backs*, you're ready for *Swiss Ball Exercises for Athletes*! This two-DVD set provides more achieved exercises and has a high carry over to sports or physically challenging work situations, such as those encountered by nurses, firefighters and construction workers.

0.5 lb. | \$44.95

"Mastering the information and techniques in Mr. Chek's courses will put you 'head and shoulders' above the competition. The information is very advanced and scientifically proven. It adds greatly to your professionalism and credibility."

David Goldenberg - New York, NY

Advanced Swiss Ball Training for Rehabilitation

(2 DVD : 192 min)

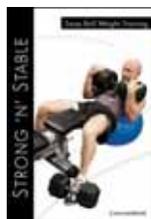


This two-DVD series provides theoretical background and practical Swiss ball techniques for rehabilitation. In the first DVD, a lecture (80 min), learn why the Swiss ball is an essential tool for rehabilitation and how its use can minimize factors that lead to injury. In the second DVD (105 min), learn how to help your clients become comfortable on the Swiss ball, and using six "Big Bang" (exercises requiring use of multiple body planes, biomotor abilities and movement patterns) exercises and how to use them as assessment tools.

1 lb. | \$99.95

Strong 'N' Stable: Swiss Ball Weight Training

(3 DVDs : 140 min)



This three-DVD set will teach you many of the cutting-edge exercises prescribed by Paul Chek in programs written for his clients. Learn how to incorporate dumbbells, Olympic bars, curl bars, cable machines and the Bodyblade® into your Swiss ball workout.

1.0 lbs. | \$79.95

Dynamic Medicine Ball Training (Vol 1-3)

(3 DVDs : 175 min)



Paul Chek teaches you how to apply the principles of program design to create sound medicine ball programs for optimal performance. In the first DVD, learn how to select medicine ball size and weight, speed of movement, reps, sets and intensity. In the second DVD learn exercises that will increase strength and serve as preventive conditioning against orthopedic injury. And in the final DVD, Paul Chek teaches you cutting-edge rotator cuff, upper and lower extremity strength and power along with revealing high-speed medicine ball rotator cuff exercises that produce results when traditional methods fail.

1.0 lbs. | \$99.95

Paul Chek's Medicine Ball Workout

(1 DVD : 38 min)



In this DVD, you'll improve the efficiency of your nervous system, making your muscles "smarter", and develop strength and power for athletic competition or the workplace. Follow Paul Chek through the dynamic warm-up and full body workout and you'll see results!

0.5 lbs. | \$24.95

Flatten Your Abs Forever!

(1 DVD : 120 min lecture)



We all dream of having those flat, washboard abs. In this lecture, Paul Chek explains common problems that prevent people from achieving the results they desire, including ineffective exercise programming, poor nutritional habits, hormonal imbalances, gynecological and gastro-intestinal disorders and more.

0.5 lbs. | \$34.95

Tornado Ball Exercises

(1 DVD : 40 min)



Paul Chek's Tornado Ball Exercises DVD takes you through a challenging array of tornado ball exercises. This advanced level workout is a fun and innovative way to develop stability, strength and power, especially for the shoulder and core.

See page 20 for balls

0.5 lbs. | \$19.95

A Scientific Approach to Golf Conditioning

(1 DVD : 108 min lecture) See page 18 for companion book



Paul Chek explains why most golf training programs fail to reduce the risk of injury or improve performance. Learn why golfers need to be conditioned with the Flexibility-Stability-Strength-Power principle. Golfers are athletes and, like all athletes, they require well-designed conditioning programs in order to excel, yet traditional conditioning programs are ineffective and produce minimal results.

0.5 lbs. | \$34.95

Paul Chek Live at the SWIS Symposium in Toronto, Canada

Nutrition: Dirt Facts!

(2 DVDs)



Filled with amazing facts and statistics, this lecture will open your eyes to the importance of considering not only what you eat, but where it has come from and how it has been grown. With his unique, holistic approach to health performance, Paul brings together seemingly unrelated topics, from soil chemistry to the diets of traditional peoples, showing how these are importance considerations that directly affect us in the 21st century.

0.5 lbs. | \$34.95

Neurodevelopmental Approach to Spinal Pathologies

(1 DVD : 97 min lecture)



Paul introduces his system of movement analysis called the Primal Pattern® system, based on the requirements to survive in a three dimensionally unstable environment under the influence of gravity. Learn about Paul's unique Totem Pole approach and why it is so important to perform a biomechanical analysis before selecting exercises, to match the training program to the environmental demands placed on the client.

0.5 lbs. | \$24.95

High Performance - A Holistic Approach

(1 DVD : 102 min lecture)



This is not your typical lecture on high performance conditioning! Paul introduces a comprehensive holistic way of considering what does, and what does not, contribute towards high performance. Using the CHEK Mandala, he describes how the physical body cannot be effectively trained without a clear understanding of the mental, emotional and spiritual aspects of the athlete, since all are an undividable part of the whole.

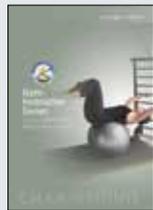
0.5 lbs. | \$24.95

Gym Instructor Series DVDs

Volume 1 - Core Conditioning Part 1 & 2

Part 1 - Abdominal Training

(1 DVD : 80 min)



Paul Chek's explains why gimmicks such as the Ab Roller may do more harm than good and you will learn lower abdominal strength and coordination tests, techniques incorporating Swiss balls, cables, free weights and a blood pressure cuff for abdominal training, methods for learning how to progress exercises from isolation to integration, and much more!

0.5 lbs. | \$34.95

Part 2 - Back and Ball Training

(1 DVD : 30 min)



Paul Chek will teach you proper positioning and exercise modification for the best results with back hyper-extensions and how and why reverse hyper-extensions are performed, isolation to integration with the reverse wood chop exercise, as well as Paul Chek's 10 favorite Swiss ball exercises for improving core function!

0.5 lbs. | \$24.95

Purchase all 4 DVDs and save \$30!

1.5 lbs. | \$115

Volume 2 - Pushing & Pressing Exercises

(1 DVD : 48 min)



Paul Chek shows you how to test your client's shoulder joint range of motion to determine optimal bench press technique and proper positioning for numerous pushing and pressing exercises while you learn pushing and pressing techniques that integrate free weights, cables and Swiss balls for optimal functional outcome and much more!

0.5 lbs. | \$34.95

Volume 3 - Rows, Pulls, Chins & Deadlift

(1 DVD : 40 min)



Paul Chek teaches you numerous effective techniques for performing rows, pulls, pull-ups and chin-ups using cables, free weights and machines. You will learn how to turn rowing strength into pulling strength for optimal performance and how grip size and position affect muscle recruitment and much more!

0.5 lbs. | \$34.95

Gravity Personal Training: Essentials of Program Design with Paul Chek

(1 DVD : 120 min lecture)



Determine your clients' readiness for exercise, and how to incorporate a whole body approach. Learn to manipulate reps, sets, loads, intensity, tempo and rest periods to get desired outcomes.

1 lb. | \$49.95

Gravity Personal Training: High Performance Training with Paul Chek

(2 DVDs)



Paul Chek shares practical tips for designing high-performance exercise programs. Learn how to look at each client as a physical, emotional, mental and spiritual being and how to manage the body's cybernetic system to realize the athletic performance.

1 lb. | \$49.95

DVDs presented by CHEK Faculty

Heavy Breathing: The Science and Practice of Respiration During Resistance Training

(1 DVD) Presented by CHEK Faculty Dan Hellman



Although the ability to breathe is absolutely critical, the science and practical application of breathing has figuratively "skipped" past the weight room on its way to the mind-body studio. Heavy Breathing - The Science and Practice of Respiration During Resistance Training reviews the research of respiration as it relates to strength training and shows how commonly employed breathing techniques actually work to hinder the biomechanics and physiology of the body. The DVD details how to assess breathing patterns and explains how properly-timed breathing can facilitate optimal movement and enhance performance during resistance training. *This DVD was filmed live at the 2010 IDEA Personal Trainer Institute.*

0.5 lbs. | \$49.95

Big Bang Exercises

(1 DVD) Presented by CHEK Faculty Josh Rubin



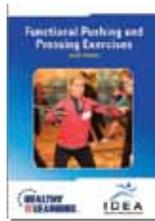
Big Bang Exercises is designed to greatly expand a trainer's knowledge of functional exercise. Using multiple planes of movement and addressing several bi-motor abilities at once, a Big Bang exercise condenses the benefits of many different exercises into one, saving time and making efficient use of space and equipment. The DVD provides techniques that trainers can use to ascend (make harder) and descend (make easier) a specific Big Bang exercise to customize the experience for each participant's individual needs. *This DVD was filmed live at the 2010 IDEA World Convention.*

This DVD was filmed live at the 2010 IDEA World Convention.

0.5 lbs. | \$49.95

Functional Pushing and Pressing Exercises

(1 DVD) Presented by CHEK Faculty Josh Rubin



Functional Pushing and Pressing Exercises dispels common gym myths concerning lifting techniques and demonstrates correct lifting form, based upon functional anatomy, biomechanics, and kinesiology. This DVD details how and why pushing and pressing exercises are to be performed correctly. It also explains how to assess optimal shoulder range of motion during pressing exercises, how to use a Swiss ball as a bench, and why cable pulleys offer versatility for pushing exercises. In addition, the DVD discusses common injuries that can result from incorrect lifting technique. *This DVD was filmed live at the 2010 IDEA World Convention.*

0.5 lbs. | \$49.95

DVD Packages

SAVE

Gym Instructor DVD Series



Purchase all 4 DVDs and save \$30!

1 lb. | \$115.95

How to Eat, Move and Be Healthy Package



The Popular Book with the DVD.

3 lbs. | \$59.95

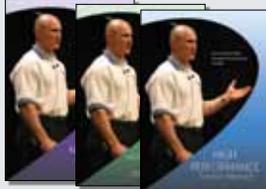
Gravity DVD Package



Both Paul Chek Gravity Personal Training DVDs in one place.

1.5 lbs. | \$89.95

SWIS DVD Package



All 3 SWIS Lectures in One Package.

1.5 lbs. | \$74.95

"Dan Hellman's Respiration [lecture] was eye opening & immediately applicable."

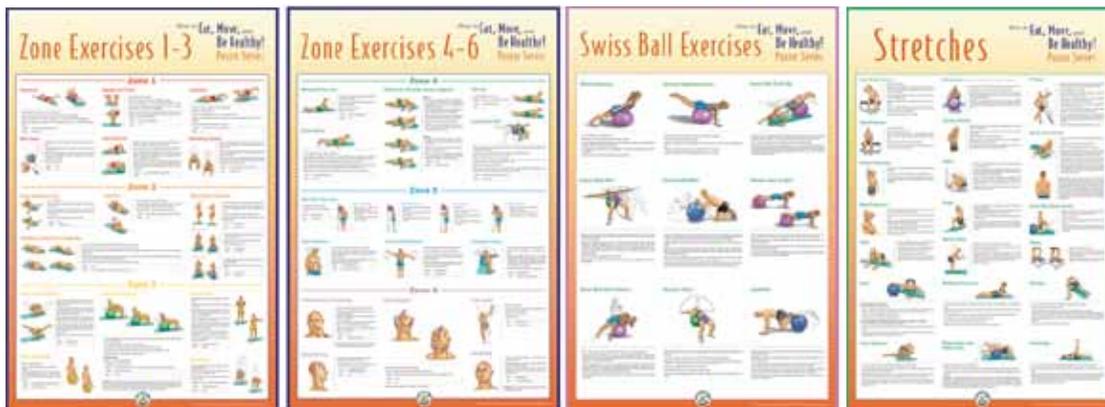
Briana Villafuerte, NY - Personal Trainer
Attendee at the CHEK Conference 2011

"Josh [Rubin] was the best instructor I have had! I like his down to earth style."

CHEK Exercise Coach attendee, San Francisco, 2011

CARD SETS & POSTERS

How to Eat, Move and Be Healthy! Poster Series



Zone Posters (2)

1 lb. | \$24.95

Swiss Ball Poster

0.5 lbs. | \$15.95

Stretch Poster

0.5 lbs. | \$15.95

All 4 Poster Set

2 lbs. | \$49.95

Full color 24" by 36" poster featuring Stretches, Swiss Ball Exercises and Zone Exercises from Paul Chek's book *How to Eat, Move and Be Healthy!*

Golf Fitness Card Set



This pack contains 120 plastic cards with simple assessments, exercises and stretches from *The Golf Biomechanics Manual*. The instructions guide you through the system so that you create

a personalized program that specifically addresses your needs, goals and time requirements. Choose to workout for as little as five minutes or as much as 45 minutes at a time. You can be assured that this *Whole in One* program will help to improve the way your entire body functions while playing golf, thus improving your game.

2 lbs. | \$49.95

Lose Weight with Nature Calendar



Created by Ximena Gonzalez, a C.H.E.K Institute-trained Professional, this **undated** calendar features stunning pictures of Ximena as well as useful monthly tips that perfectly complement the C.H.E.K Institute's approach to wellness. It is bi-lingual in English and Spanish, in a blank format to start her outlined program when

you want, and aimed to break bad and create good habits on a predetermined schedule.

1 lb. | \$14.99

THROUGH THE ROOF



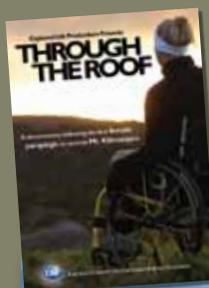
overstock.com®

In January of 2010, the C.H.E.K Institute teamed up with the Challenged Athletes Foundation, Overstock.com and many other key sponsors to help assist the first female paraplegic athlete to the summit of Mt. Kilimanjaro in Tanzania, Africa. On Sunday, January 31st, 2010, at approximately 5:30 PM, Erica Davis, a paraplegic since 2005, along with Tara Butcher, an amputee below the left-knee, reached the summit at 19,340 ft.

This successful project is designed to bring awareness to the capabilities of Challenged Athletes everywhere in that anyone can accomplish anything and everything they put their minds to. The preparation and climb were filmed by *Captured Life Productions* to be compiled into a documentary entitled *Through the Roof*.

We invite you to visit the website www.ThroughTheRoofmovie.com to learn more about this incredible project which the C.H.E.K Institute conceived and organized.

Documentary DVD



In January of 2010, the C.H.E.K Institute teamed up with the Challenged Athletes Foundation, Overstock.com and many other key sponsors to help assist the first female paraplegic athlete to the summit of Mt. Kilimanjaro in Tanzania, Africa. On Sunday, January 31st, 2010, at approximately 5:30 PM, Erica Davis, a paraplegic since 2005, along with Tara Butcher, an amputee below the left-knee, reached the summit.

0.5 lbs. | \$34.95

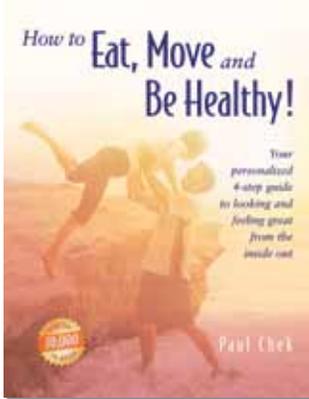


BOOKS

Your personalized 4-step guide to looking & feeling great from the inside out

How to Eat, Move and Be Healthy!

by Paul Chek



In *How to Eat, Move and Be Healthy!* Paul Chek shares his approach to achieving a healthy, balanced lifestyle while dropping pounds and re-shaping your body. This book will help you identify your individual needs and explain how to address issues that may be preventing you from looking and feeling your best. Paul reveals fascinating research and airs controversial topics while providing practical suggestions for achieving peak vitality. Containing a proven four-step program that has helped thousands of people achieve their health and fitness goals or questionnaires, developing an eating plan, building a personalized exercise program and fine-tuning your healthy lifestyle.

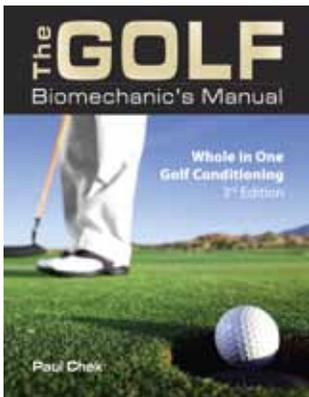
This book need not be read from cover to cover! The questionnaires in Section 1 will guide you through the rest of the book so you can select and read the chapters that are most applicable and interesting to you. This will result in a customized plan of action, and show you how to eat and move to attain and maintain your optimal level of health and performance.

Learn how to proportion your meals to achieve optimal weight and get truths about fats and oils, animal products and grains. Choose an exercise program that really works for you, understand the major impact stress has on your body and discover how getting to bed on time can help improve your health while learning why common health issues, such as fatigue, irritable bowel syndrome, acne and migraines can occur. (255 pages) [See page 17 for matching Poster Set!](#) [See page 14 for companion DVD.](#)

2 lbs. | \$24.95

The Golf Biomechanic's Manual 3rd Edition

by Paul Chek



Paul Chek maps the mechanics of golf to the importance of proper self-conditioning to achieve peak performance. Written for fitness professionals and golf pros interested in golf-specific conditioning, this is an in-depth look at how different body systems affect the game of golf.

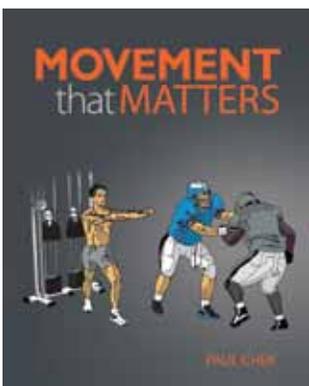
The Golf Biomechanic's Manual will require time and energy from both the trainer and the golfer. But by using the *Whole in One* approach and following the Flexibility - Stability - Strength - Power formula, golfers will see a significant improvement in their game. You will learn why tight muscles affect the swing and how correct stretching before a game can improve performance and why some types of pre-game stretches can actually adversely effect performance. Understand the difference between functional strengthening exercises for golf and bodybuilding-type exercises that are not beneficial for the game and why breaking the Flexibility - Stability - Strength - Power formula can break your body. Clients using the *Whole in One* formula have added over 30 yards to their drive within three months, while the book offers a 12-month conditioning program. (227 pages)

[See page 17 for matching Card Set.](#) [See page 15 for companion DVD.](#)

2 lbs. | \$49.95

Movement that Matters

by Paul Chek



Movement That Matters provides trainers and fitness enthusiasts with the tools needed to create functional training programs. Understand the body's five different reflexes, and the six defining characteristics that determine if an exercise is truly functional. Plus, you'll discover how to evaluate a compound movement, identify its Primal Pattern® movement, and receive 10 Tips for optimal motor learning. (50 pages)

0.5 lbs. | \$19.95

"This book [How to Eat, Move and Be Healthy!] will be called the 'bible' of movement and nutrition. It will open your mind and take you where you have never been before when it comes to eating, health and movement."

Eric Serrano, M.D. - Ohio, USA

"This is the first golf conditioning book that treats golf as an athletic movement and golfers as athletes. This is by far and away the best conditioning book I have read on golf."

Al Vermeil, Strength Coach for the Chicago Bulls

"[Movement that Matters] provides a refreshing and practical approach to understanding and teaching functional exercise and movement patterns."

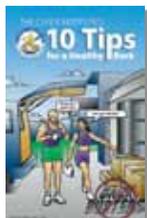
Jay Smith, M.D. - Minnesota, USA

The C.H.E.K Institute's 10 Tips Series

by Paul Chek

These booklets are great handouts for employers interested in promoting total body health. With the space provided on the back, health and fitness professionals can add contact information to use them as promotional giveaways or as an effective marketing piece.

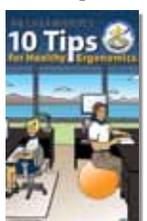
10 Tips For a Healthy Back



We all know to lift with our legs instead of our back, but this informative booklet provides nine other essential tips and suggestions that you may not be aware of. Written in an easy-to-read cartoon style, it's an excellent gift or incentive for your members and clients. Space is provided on the back cover for contact information. Buy in volume and save! See below.

0.1 lbs. | \$3.95

10 Tips For Healthy Ergonomics



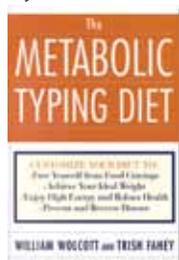
Using *10 Tips for Healthy Ergonomics* can vastly improve workplace ergonomics and reduce incidences of Repetitive Strain Injury (RSI). You will learn how to select the proper desk height, adjust your chair for proper lumbar support and determine the proper height for your keyboard and computer monitor. See below.

0.1 lbs. | \$3.95

Price			
1 copy	\$3.95 each	20-49 copies	\$1.65 each
2-19 copies	\$2.75 each	50+ copies	\$0.95 each

The Metabolic Typing Diet

by William Wolcott & Trish Fahey

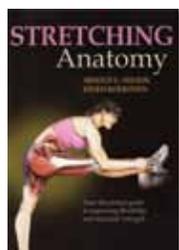


One diet can never work for everyone! *The Metabolic Typing Diet* will teach you how to customize your diet for your body's particular needs. A comprehensive test is included to help you to determine which of three metabolic types you fall into. Following the appropriate plan can improve digestion, circulation, immunity, energy, and mood. (428 pages)

1 lb. | \$14.95

Stretching Anatomy

by Arnold G. Nelson & Jouko Kokkonen



Stretching Anatomy will arm you with the knowledge to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body. *Stretching Anatomy* is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the

muscle emphasis and difficulty and how variations can improve safety and effectiveness. (147 pages)

1 lb. | \$19.95

CHEK Marks for Success

by Paul Chek



CHEK Marks for Success Volume 1

These 10 fact-filled articles by Paul Chek are loaded with invaluable information for most everyone! *Chek Marks for Success-Volume 1* is a great sampling of Paul's work for those unfamiliar with the C.H.E.K approach. Chek Marks also makes for a great source reference on key subjects. (53 pages)

0.5 lbs. | \$19.95

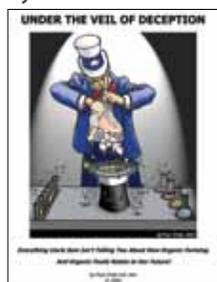
CHEK Marks for Success Volume 2

This collection features nine more of Paul Chek's articles. Pick up where Volume 1 left off with *CHEK Marks for Success-Volume 2!* (69 pages)

0.5 lbs. | \$19.95

Under the Veil of Deception

by Paul Chek



Paul Chek exposes the environmentally unfriendly practices of modern-day farming and compares and contrasts them to organic and biodynamic farming methods. The statistics and information in this book will astound and shock you, showing you the true cost of the food we eat both on ourselves and the planet. (135 pages)

1 lb. | \$19.95

Posture and Craniofacial Pain

by Paul Chek



Since a patient's posture more often reflects a pictorial of the patient (present and past), and because the neurological, biomechanical and physiological interactions are vast, this book will attempt to demonstrate some of the distant effects of posture on craniofacial pain. The main premise is the needs for a multidisciplinary treatment approach to correct a postural etiology and the etiology of aberrant posture. (71 pages)

1 lb. | \$20

Book Packages

You Are What You Eat audio program & *How to Eat, Move and Be Healthy!* **Save \$15**

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5 lbs. | \$124.85

The Golf Biomechanic's Manual & Movement that Matters **Save \$7**

3 lbs. | \$62.90

CHEK Mark for Success Vol 1 & 2 + *10 Tips* FREE!

2 lbs. | \$39.90

TRAINING EQUIPMENT

CHEK Inclinometer



•Delivery time may be 6-8 weeks.

Designed by Paul Chek, the CHEK Inclinometer is used to measure first rib angle, pelvic tilt, and general goniometry. In addition, it can be used for anthropometric measurements. The CHEK Inclinometer is carefully constructed in small batches to ensure quality.

5 lbs. | \$250

CHEK Caliper



•Delivery time may be 6-8 weeks.

Designed by Paul Chek, the CHEK Caliper measures forward head posture, cranio-cervical protraction and retraction. The CHEK Caliper is carefully constructed in small batches to ensure quality.

3 lbs. | \$349

Buy the CHEK Inclinometer and CHEK Caliper together & save \$50!

#CPP415 | 8 lbs. | \$549

Tornado Ball



The Tornado Ball Mark 2 has thick, top quality rope molded right into the ball so you can perform all the high-performance exercises that Paul demonstrates in his *Tornado Ball Exercises* (page 15) and *High Performance Core Conditioning* DVDs and in *Scientific Core Conditioning* correspondence course (page 8). These unique power balls have been engineered to withstand the fastest wood chop on the roughest surfaces. The Tornado Ball is 3 kg (6.6 lbs.). This very

demanding product is for serious core strength training. Each Tornado Ball comes with a booklet of exercises by Paul Chek.

Save \$5 when you buy the Tornado Ball & Tornado Ball DVD together.

8 lbs. | \$135

Tornado Ball + DVD 8 lbs. | \$149.95

Twister Ball



Save \$5 when you buy the Twister Ball & Tornado Ball DVD together.

The Twister Ball is a great alternative to the 6-lb Tornado Ball, perfect for clients with smaller body types. Any of the high-performance exercises demonstrated by Paul in the *Tornado Ball Exercises* workout DVD (page 15) can be adapted to the lighter-weight Twister Ball.

4 lbs. | \$90

Twister Ball + DVD 4 lbs. | \$104.95

Gertie Ball



The Gertie Ball is a 9" squishy, inflatable ball excellent for the ball squats and neck exercises as describe in *The Golf Biomechanic's Manual* (page 18).

1 lb. | \$15

Head Set



The headset comes with 2 detachable inclinometers. The inclinometers can be used to measure cervical, thoracic and lumbar curvatures, flexion and extension. Combined with the headset, this instrument can measure cranial alignment. A manual on goniometric assessment techniques is included.

2 lbs. | \$115

Single Inclinometer



These inclinometers can be used to measure cervical, thoracic and lumbar curvatures, flexion and extension.

0.25 lbs. | \$45

Mini Hand Pump



The Mini Hand Pump features double action pumping and travels well.

0.5 lbs. | \$5.95

Double Quick Hand Pump



The Double Quick Hand Pump features double action pumping for increased air flow and an accordion hose with three nozzles.

1 lb. | \$9.95

Fitter Classic Balls



If you are looking for a high quality ball for body-weight exercises or to use as a chair, then the Fitter Classic Swiss Ball is ideal. With proper inflation, this ball is burst resistant up to a total weight of 285 lbs. (130kg) and load rated to over 1,000 lbs. (455kg), making it a great ball for a wide range of uses, ages and abilities.

See options online

Stretching Strap



The Stretching Strap is a great tool for clients to use when you are not available to assist them with their stretches. Be sure to show them how to use this device properly during your training session.

0.25 lbs. | \$15

MANY MORE PRODUCTS AVAILABLE ONLINE!

The Plyometric Rebounder New Model



The Plyometric Rebounder is ideal for everything from rehabilitation to high performance sports-specific conditioning. Adjustable to different angles, it's tough enough for the most vigorous workout!

* Contact us for shipping cost to your area.

\$695

Pro Fitter™



The Pro Fitter™ is a fun and functional piece of equipment for both rehabilitation and conditioning. Its dynamic training modality offers the benefits of a complete closed chain rehabilitation program. Using the Pro Fitter™ can maximize functional leg strength and power, improve cardiovascular endurance,

enhance core strength and stability, improve balance, coordination and overall agility. The Pro Fitter™ is shipped fully assembled and includes an attachable padded platform for sitting/standing, a demonstration DVD, laminated exercise chart and a two-year warranty. As seen in *High Performance Core Conditioning* DVDs.

* Contact us for shipping cost to your area.

50 lbs. | \$599.95

Power Web



Excellent for hand therapy and strengthening, the Power Web is available in a range of resistances. This effective device is easy to use and very portable. See *The Golf Biomechanic's Manual* (page 18) to learn how golfers use the Power Web to improve their game.

See options online

Functional Testing & Training Grid



Designed to accurately assess functional movement, the Functional Testing and Training Grid is an essential tool for trainers and rehabilitation specialists. Made of a thick, durable plastic, this handy grid helps you determine motion and movement.

*Contact us for shipping cost to your area. (USA Mainland ground shipping only)

10 lbs. | \$249

Fitter Wobble and Rocker Boards



Training with a wobble board improves balance, coordination and posture. These wobble boards can be adjusted to various angles and levels with a simple spin of the underneath sphere. All boards are made of birch and finished with a non-slip top surface.

See options online



Blood Pressure Cuff



This professional aneroid sphygmomanometer comes complete with gauge, inflation system and a zippered carrying case. In addition to monitoring blood pressure, a blood pressure cuff is an excellent

biofeedback mechanism for abdominal training and specific cervical conditioning. We recommend adding an extension hose to more easily view the gauge (see below).

1 lb. | \$49

Extender Hose for Blood Pressure Cuff



A 4-foot extension to the gauge hose provides greater visibility while lying down. Complete with luer lock connector.

0.5 lbs. | \$20

Physio Toner



Improve hand strength and muscle tone with the portable Physio Toner, an elastic resistance source. Made

from the highest quality American-made latex tubing, the Physio Toner's thick foam handles provide comfort, safety and durability. As used in *The Golf Biomechanic's Manual* (page 18).

See options online

Aero-Step XL Functional from TOGU®



This twin air-chambered system provides training with maximum effect. Use it standing, kneeling, or lying down, and activate deep lying muscle for better posture and functional stability.

6 lbs. | \$139.95

Fitter Active Sitting Disc



The Classic Sit Disc is your best bet for a wide range of uses. Incorporate it into your workout to increase instability and up the intensity. It's even strong enough for standing balance exercises - try putting one under each foot for squats. 13 inches wide.

2 lbs. | \$29.95

Fitter Wobble Board - Flat



The Wobble Board allows you to create a balance board from a Fitter Active Sitting Disc. See it in action in the *High Performance Core Conditioning* DVD series. Wood, 20" diameter.

5 lbs. | \$44.95

AUDIO

"I am blown away by your "You Are What You Eat!" program. I am only on CD 4 and I am eating it up (no pun intended). I am so impressed by how well read you are and the presentation's is so well thought out and referenced."

Dr. Kirk Eriksen - Washington D.C., USA

You Are What You Eat 8 CDs | (8+hrs) | e-manual by Paul Chek

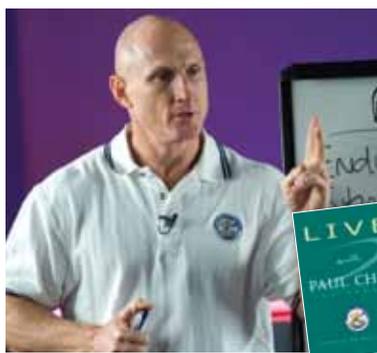


As Paul points out, our bodies replace millions of cells each day, as our tissues turn over continually. These new cells are made out of the building blocks that come from our food and drink. Do you want your bones, muscles, eyes and hair to be made from low quality fast food or nutritious organic produce?

The topics discussed include:

- Organic vs. commercially raised foods
- Cooked vs. raw food
- Food packaging, processing and storage
- Genetically modified foods
- Food irradiation
- Fiber, colon health and detoxification
- The pros and cons of grains
- Alcohol
- Animal products, dairy, eggs and seafood
- Fats and oils
- Sugar, salt and water

2 lbs. | \$79.95



Live with Paul Chek Series

(Each has 2 CDs and booklet)

*These are not studio recordings and because they are recorded live, questions from some members of the audience are not clearly audible

Scientific Balance Training (90 min)	
Paul shows you that there is much more to balance training than meets the eye. You will learn about segmental and gross stability, mobility and inner unit stiffness and how development of the inner and outer units affects balance. Learn why balance training is not as easy as simply putting someone on a balance board or foam roller, and why you need to learn the science behind it to make it work for you.	
0.5 lbs.	\$29.95
Squatology (90 min)	
Everybody should squat! If you sit, you should squat! Squatting may be man's most primitive movement pattern and it is an inseparable part of life and sports, yet many instructors, trainers, athletes and exercise enthusiasts avoid this key exercise for fear of back injury. In this highly informative lecture, Paul explains the science of squatting without injury. Understand how the squat can be used as a powerful functional assessment tool for your clients and serious athletes.	
0.5 lbs.	\$29.95
Scientific Rotation Training (120 min)	
Since no human movement is truly linear, rotational training is essential for successful sports performance, rehabilitation and general conditioning. Paul explains why rotational training is vital for optimal functioning and show how to assess and improve rotational stabilization through different segments of the body. Learn how to improve rotational strength and force generation for throwing, plus exercises progressing from isolation to integration.	
0.5 lbs.	\$29.95
Back Strong and Beltless (120 min)	
More people suffer from back pain than any other orthopedic injury, leading to extensive use of back corsets and weight belts for the proposed prevention and treatment of back injury. In this lecture, Paul presents strong anatomical evidence to support his position on the use of belts and corsets: "If you need a corset, don't buy one, BUILD ONE."	
0.5 lbs.	\$29.95
Controversy and Current Concepts of Pulling Exercises (80 min)	
Paul presents the biomechanical, kinesiological, kinematic and neurophysiological foundations behind the technical guidelines for pulling exercises such as the deadlift, low row, lat. pull-down, and bent-over row. Learn why a behind the head lat. pull-down places extreme stress on the cervical spine and shoulder. Understand how to assess proper muscle recruitment during rowing exercises.	
0.5 lbs.	\$29.95

Better Butt, Better Back (120 min)	
Hear Paul Chek explain the vital interaction of the gluteal muscles with the torso and extremities, showing the different systems that act on the body. These relationships are crucial for improved functional capacity and decreased spinal stress. Learn assessments for the lumbo-pelvic region, effective stretches, plus functional exercises to improve performance and enhance esthetics.	
0.5 lbs.	\$29.95
Functional Exercise from the Inside Out (120 min)	
What is "functional" exercise? The term itself is vague and subjective. In this lecture, you'll learn to determine how functional an exercise is by helping you understand the various systems of the body, and how they work together. Paul covers the key control systems of the body and the roles of the inner and outer units.	
0.5 lbs.	\$29.95
Functional Stability (90 min)	
From office workers to professional athletes, developing and maintaining optimal stability is crucial for everyone's health and ability to function. To help you understand this essential concept Paul explains the meaning of functional stability, provides examples of common instabilities and addresses the source of this type of dysfunction.	
0.5 lbs.	\$29.95

Live with Paul Chek Series Package
All 8 titles for the price of 7! **5 lbs. | \$209.95**



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Qty.	Item#	Description	Color	Size	Unit \$	Total \$	Shipping Wt.
HOW TO ORDER: You may place your order by mail, fax, phone or via our website. Our toll-free number is open Monday - Friday 8am-5pm PST. After hours, please leave a message and we will get back to you. Phone: 800.552.8789 or 760.477.2620 Fax: 760.477.2630 Address: 2105 Industrial Court, Vista, CA 92081-7956 , USA					Merchandise Total		
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Where did you hear about the C.H.E.K Institute?: _____

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Signature (required): _____

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- We accept Visa, MasterCard, American Express or Discover, money orders, personal or company checks. All payments in U.S. funds.
- Please make checks or money orders payable to C.H.E.K Institute.
- All orders must be pre-paid.
- Purchases on credit are at the discretion of the company and will only be received upon receipt of a completed credit application form (available from our accounting department).
- Prices subject to change without notice.
- California residents please add 8.75% sales tax.

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We are continually updating our products. Color and style may differ from those shown in this catalog.

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- Within the mainland U.S. orders are shipped via UPS Ground, unless otherwise requested. Please refer to the chart below for shipping charges. If you require your order quickly, please call for UPS 3-Day, 2-Day or Next Day shipping charges.
- Extra charges apply for orders shipped to Hawaii and Alaska. Please call, fax or e-mail for shipping charges.
- International orders are shipped UPS Worldwide Express or Global Priority airmail. Please call, fax or e-mail for shipping charges.
- For orders over 35 lbs., please contact us for shipping charges.
- Please allow 2-3 weeks for delivery.

Mainland U.S. charges for UPS Ground shipping

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1.1 - 2 lbs.	\$13.50	11.1 lbs. - 13 lbs.	\$20.90
2.1 lbs. - 3 lbs.	\$14.30	13.1 lbs. - 15 lbs.	\$22.70
3.1 lbs. - 4 lbs.	\$15.00	15.1 lbs. - 20 lbs.	\$27.25
5.1 lbs. - 7 lbs.	\$16.25	20.1 lbs. - 25 lbs.	\$31.50
7.1 lbs. - 9 lbs.	\$17.40	25.1 lbs. - 30 lbs.	\$36.75

*Shipping may vary depending on UPS cost changes.

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The C.H.E.K Institute offers wholesale pricing on many items to qualified resellers. Please contact us for details.

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Our Web Affiliate Program allows you to use the power of the Internet to sell C.H.E.K Institute products. You do not need to stock inventory, take orders or ship product. We do it all and pay you a commission. Simply sign up as a Web Affiliate from our website and set up the link from your website.

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