

Super 6

Total Gym Programmes

Need to improve your strength, flexibility and function?

Introducing Super 6

Our Super 6 programmes are 6 session rehab courses utilising our Total Gym GTS system, the perfect apparatus to help you bounce back from injury, illness or surgery. Over 6 one to one sessions, we will introduce you to our Total Gym equipment, and carefully guide you through a structured exercise programme designed to improve your strength, flexibility and function.

About the Total Gym

The Total Gym uses your own body weight to provide the gentle graded resistance needed after time away from activity. The Total Gym is a safe time tested mode of exercise, with the 1st Total Gym released in 1974 and now used worldwide. To see more on the Total Gym go to www.totalgym.com

The programmes

Our Super 6 programmes apply proven training principles to maximise your strength, flexibility and functional gains. The programmes can be customised for age, injury history, and health issues. Strength testing before your course allows us to set your

sessions at appropriate levels to achieve optimal results.

Your commitment

You will need to attend a once per week 30 minute session at the clinic for 6 consecutive weeks. Between your rehab sessions you will continue with home based maintenance exercises.

Who can benefit

Irrespective of age or ability, almost anyone can benefit from this programme. The weaker you are, the more you have to gain!

- ✓ Strength
- ✓ Flexibility
- ✓ Movement confidence
- ✓ Injury prevention
- ✓ Bone density*
- ✓ Improved physical capacity
- ✓ Improved general health*

* *Improvements may require more than one 6 week programme.*

How do I start?

Contact us for pricing & session availability.



PROHAB 
physio & rehabilitation

Physiotherapy clinic:

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