



Be Strong to **ENJOY LIFE**

Are you sick of feeling weak and in pain when you move?

Do you want to exercise but are unsure what is the best strength training program?

Do you want to be trained by a Physio who understands your body and has been strength training for over 20 years?

At Canton Beach Physio we will train you different to any other program you have tried before.

Guided by **REHAB SCIENCE**

Our Physio's are experts in injury prevention and rehab. Our protocols are designed by your Physio to ensure your workouts are not only incredibly challenging, but also completely safe, no matter your fitness level.

Book an appointment today

We genuinely care about your goals in life and we want to help you get back to living a great life as soon as possible.

To book your appointment and get strong to enjoy life, contact the team at Canton Beach Physio.

 **02 4396 5686**

 20 Canton Beach Rd
Toukley
NSW 2263

You can use your private health cover and medicare for this service. Just ask us how.

www.cantonbeachphysiotherapy.com.au



STRENGTH PLUS





Experienced, **PROFESSIONAL TRAINERS**

Our staff are not hobbyists or people who just love to train. They're Physiotherapists, who are experts in the human body. They know the best exercises for you to do to maximise your potential.

At Canton Beach Physio, we use a very slow lifting protocol because it produces faster strength gains. The workouts will always be done in a smooth, controlled fashion, with your trainer encouraging that you never throw, drop, bounce, or heave the weights. We do this for two main reasons – safety and efficiency.

We offer 1-on-1 sessions to ensure maximum benefit for you.

Our high intensity training program delivers an incredible full-body workout in only 30 minutes.

We use evidence-based resistance training methods that produce measurable improvements in strength in just one to two sessions per week.

You shouldn't get hurt trying to get healthy. Our goal is to get you stronger so you can enjoy the things you want to do.



Improve your **SPORTS PERFORMANCE**

Our workouts compliment sports specific training. This means your base level fitness improves without interfering with your ability to practice your sport or compete fresh. Our workouts reduce sports-related injuries. We strengthen the total body to prevent injuries that are common in your sport.

If you've invested countless time and energy into your sport but are looking for that final competitive edge, StrengthPlus can help take you to the next level. Position yourself to win and contact us today!