

**fit kit**

All these hot products can be seen at the Sydney Fitness Expo in April....

- 1** The Power-Plate my5™ is an exciting home-use Acceleration Training™ machine which is supported by decades of clinical application and research. Advanced Vibration Technology™, the science behind the my5, provides a revolutionary, low-stress exercise and rehabilitation solution.
- 2** Camo Focus Pads For all you bootcamp trainers, Punch release their Camo Focus Pads at the Sydney Fitness Expo in April. There will only be a limited amount of stock, so get in early! \$125 a pair, but available at the expo for only \$69.99. Come and see our latest 2007 range of equipment.
- 3** ProteinDirect.com.au is a protein supplier that sells some of the world's best protein powders direct. By cutting out the middle man, prices are kept to a minimum, without sacrificing quality. Presented in their pure and natural natural form, the powders have no added flavours or sweeteners.
- 4** The new Polar BodyAge™ system uses a number of health and fitness assessments to determine your BodyAge, rather than chronological age. Testing protocols include height, weight, body fat, and heart rate.

AUSTRALIA'S NUMBER 1 FITNESS MAGAZINE

# FIT MAGAZINE

Issue 103  
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