



COMMITTED
2FITNESS



COMMITTED 2 FITNESS

INSPIRE

COMMIT

ACHIEVE

Introducing.... **Netball Strong**

Tailored Online fitness support for young athletes & families



Online Fitness Packages

WE'RE SO EXCITED TO MEET YOU!



Who We Are

Committed 2 Fitness is a Perth-based, family-friendly fitness business that's been helping everyday Aussies get stronger, healthier and more confident for over 10 years. We make fitness accessible from home, and personal – with real coaches, real support and programs built for your goals.

Why We're Teaming Up with the Dynamites

We know how important fitness, injury prevention and confidence are for junior athletes – especially in fast-paced, high-impact sports like netball. That's why we've created an easy, affordable program that helps players perform their best – and stay on court longer. As supporters of the Dynamites family, we are offering this discounted package to players.



Proud Partners

To take you to the next level, our Committed 2 Fitness app partners with Fitbit, Apple Watch, Garmin, Google & Strava –providing a seamless approach.





What's Included

Each athlete/family will receive:

- **1 x assessment questionnaire**
- **1 x 30min video call** - intro, assessment review and program discussion
- **Program is customised per player**
 - Age, position, skill level, injuries and schedule all considered
 - Ongoing Support for Parents & Coaches
- **2 x 30min at home, self paced workouts per week**
 - Strength, stability and injury prevention
 - Easy to follow on the C2F App - Includes video demos and tracking
- **1 x 15min LIVE check-in/Mini-PT session based on program via video call every fortnight**
 - With a qualified coach to check on progress, confidence, injuries, motivation
 - Mini 1:1 PT Session to view their technique and improvement
- **Leaderboard with prizes for winners**
 - Special recognition for current leaders, fast improvers and more
- **Weekly Education**
 - Each week includes a short focus topic via App
- **Recovery Routines**
 - Extra routines available for each athlete to aid with recovery



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FOUNDATION

SUPPORT





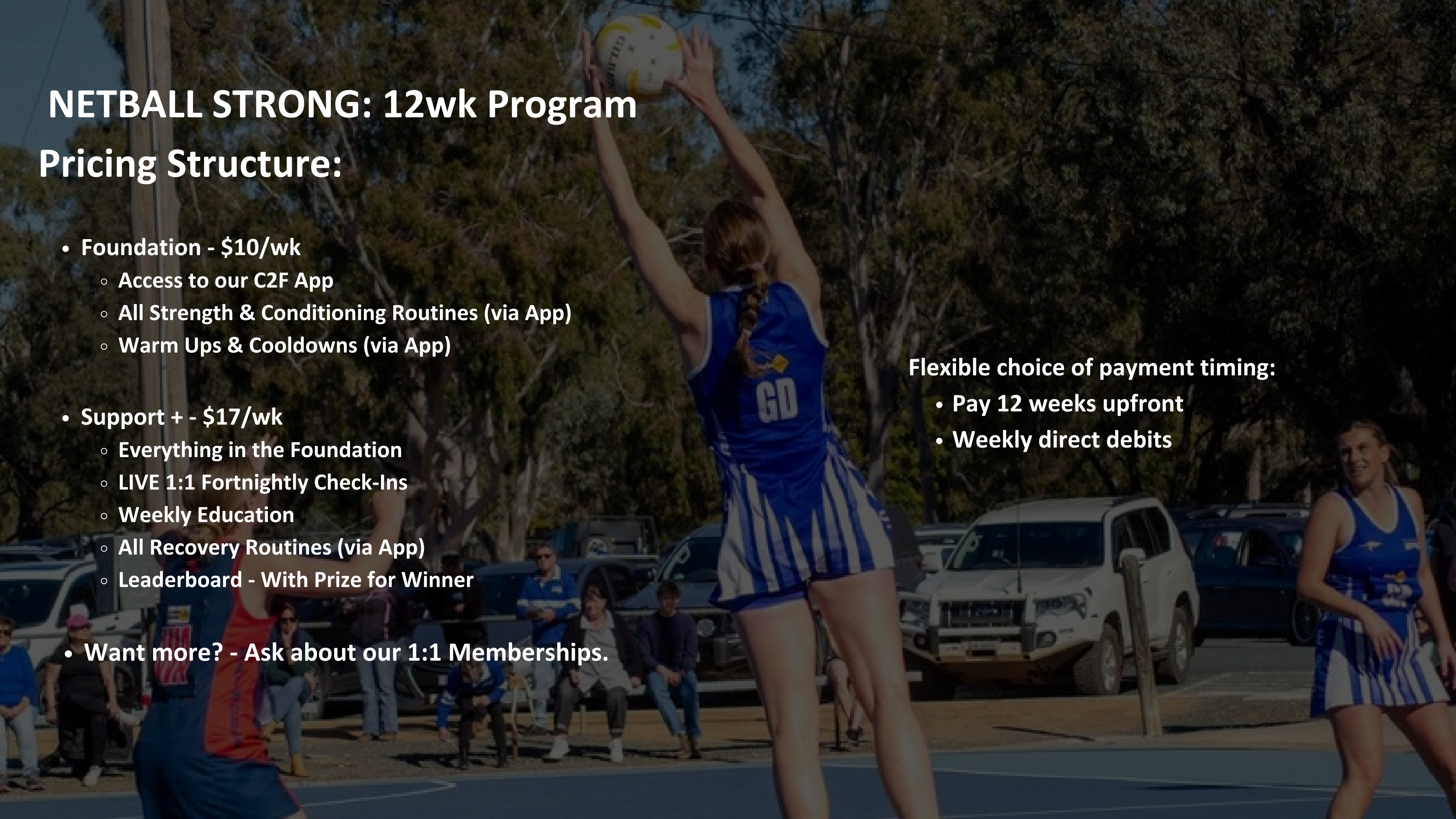
How It Works

- **All workouts delivered via the Committed 2 Fitness App**
 - Simply tap the workout, press Start and follow along
- **Check-Ins via Zoom (or Phone)**
 - Your unique Zoom code will be sent prior to your scheduled appointment
 - All appointments can be booked on-line or by SMS
- **Equipment Ready!**
 - All workouts just require dumbbells, yoga mat and a resistance band
- **Flexible around game & school schedules**
 - Do your workout, at your preferred time
- **Leaderboards/Prizes**
 - Leaderboard system with points for completed routines and more

It really is....

YOUR PERSONAL TRAINER IN YOUR POCKET!





NETBALL STRONG: 12wk Program

Pricing Structure:

- **Foundation - \$10/wk**
 - Access to our C2F App
 - All Strength & Conditioning Routines (via App)
 - Warm Ups & Cooldowns (via App)
- **Support + - \$17/wk**
 - Everything in the Foundation
 - LIVE 1:1 Fortnightly Check-Ins
 - Weekly Education
 - All Recovery Routines (via App)
 - Leaderboard - With Prize for Winner
- **Want more? - Ask about our 1:1 Memberships.**

Flexible choice of payment timing:

- Pay 12 weeks upfront
- Weekly direct debits