



Sale Starts December 1st ends December 24th 2009

\* Prices do not include P&P

Category	CHEK Institute Item Code	Item Description	Chekshop £	25% Discount
<b>Correspondence Course</b>				
	<b>PREREQ-EC-D</b>	<b>C.H.E.K Exercise Coach Prereq. Package</b>	<b>£525.00</b>	<b>£393.75</b>
	5101D	Program Design	£145.00	£108.75
	6101D	Scientific Back Training	£190.00	£142.50
	7201D	Scientific Core Conditioning	£240.00	£180.00
	<b>PREREQ-1-2009</b>	<b>C.H.E.K Practitioner Level 1 Prereq. Package</b>	<b>£450.00</b>	<b>£337.50</b>
	2301D	Equal, But Not the Same	£190.00	£142.50
	5301D	Advanced Program Design	£260.00	£195.00
	<b>PREREQ-2-2009</b>	<b>C.H.E.K Practitioner Level 2 Prereq. Package</b>	<b>£340.00</b>	<b>£255.00</b>
	8106D	Dynamic Medicine Ball Training	£140.00	£105.00
	9103D	Swiss Ball Training	£100.00	£75.00
	9105D	Advanced Swiss Ball Training	£125.00	£93.75
	<b>Other Correspondance Courses</b>			
	2400D	Primal Pattern <sup>®</sup> Movements	£80.00	£60.00
<b>Golf</b>				
	<b>3102DM</b>	<b>Golf Biomechanic Manual and DVD Package</b>	<b>£62.00</b>	<b>£46.50</b>
	3102D	A Scientific Approach to Golf Conditioning DVD	£32.00	£24.00
	3102	Golf Biomechanic Manual	£35.00	£26.25
	<b>3102BC</b>	<b>Golf box &amp; card set</b>	<b>£60.00</b>	<b>£45.00</b>
	3102C	Golf Fitness Cards	£55.00	£41.25
	3102B	Golf Blue Box	£10.00	£7.50
<b>Gym Instructor</b>				
	<b>9200D</b>	<b>Gym Instructor Series</b>	<b>£99.00</b>	<b>£74.25</b>
	9201D	Gym Instructor Vol. 1 Part 1	£32.00	£24.00
	9202D	Gym Instructor Vol. 1 Part 2	£25.00	£18.75
	9203D	Gym Instructor Vol. 2	£32.00	£24.00
	9204D	Gym Instructor Vol. 3	£32.00	£24.00
<b>CHEK DVD's</b>				
	(blank)	How to Eat, Move and Be Healthy! DVD	£40.00	£33.00
	3401D	Flatten Your Abs Forever	£32.00	£24.00
	9500D	Nutrition: The DIRT Facts!	£35.00	Excluded
	9501D	Neurodevelopmental Approaches to Spinal Pathologies	£35.00	Excluded
	9502D	High Performance - A Holistic Approach	£25.00	Excluded
	9600D	Gravity Personal Training: Essentials of Program Design	£50.00	Excluded
	TBD	Tornado Ball Exercises	£20.00	£15.00
	8105D	Paul Chek's Medicine Ball Workout	£25.00	£18.75
	9101D	Swiss Ball Exercises for Better Abs, Buns & Back	£25.00	£18.75
	9600D	Gravity Personal Training: High Performance Training	£50.00	Excluded
<b>Audiobooks</b>				
	<b>AUDIO-YAWYE-CD</b>	<b>You Are What You Eat</b>	<b>£65.00</b>	<b>£48.75</b>
	<b>LWPC</b>	<b>All 8 titles Live with Paul Chek</b>	<b>£175.00</b>	<b>£131.25</b>
	AUDIO-BBBB	Better Butt, Better back	£25.00	£18.75
	AUDIO-BSBL	Back Strong and Beltless	£25.00	£18.75
	AUDIO-CCCP	Controversy and Current Concepts of Pulling Exercise	£25.00	£18.75
	AUDIO-FEIO	Functional Exercise From The Inside Out	£25.00	£18.75
	AUDIO-FS	Functional Stability	£25.00	£18.75
	AUDIO-SBT	Scientific Balance Training	£25.00	£18.75
	AUDIO-SRT	Scientific Rotation Training	£25.00	£18.75
	AUDIO-SQUAT	Squatology	£25.00	£18.75
<b>Other CHEK Publications</b>				
	3500	How to Eat, Move and Be Healthy	£20.00	£15.00
	MTM	Movement that Matters	£15.00	£11.25
	#ORGANICBOOK	Lifting the Veil of Deception	£12.00	£9.00
	PC-100	Posture and craniofacial pain	£12.00	£9.00
	<b>CHEK MARKSET</b>	<b>Chek Marks Package, Vol. 1&amp;2</b>	<b>£25.00</b>	<b>£18.75</b>
	CHEKMARKS	Chek Marks Package, Vol. 1	£15.00	£11.25
	CHEKMARKS2	Chek Marks Package, Vol. 2	£15.00	£11.25
	TIP-200	10 Tips for Healthy Ergonomics	£3.50	Excluded
	TIP-100	10 Tips for a Healthy Back	£3.50	Excluded
<b>Non-CHEK Publications</b>				
	FUNGUSLINK	The Fungus Link	£30.00	Excluded
	FUNGUSLINK2	The Fungus Link Vol.2	£30.00	Excluded
	COL-HEALTH	Achieve Maximum Health	£23.00	Excluded
	HORMONES	Your Guide to Healthy Hormones	£15.00	Excluded
	TBC	Can a Vagina really buy a Mercedes?	£6.50	Excluded
<b>Equipment</b>				
	4103G	Single Inclinator	£45.00	Excluded
	TBC	Stabilizer Biofeedback Device	£84.00	Excluded
	TBC	Goniometer	£18.00	Excluded
	4203	Neurological Hammer	£8.00	Excluded
	4202	Pinwheel	£12.50	Excluded
<b>Sharing Courses</b>				
	5101M	Program Design Manual	£72.50	£54.38
	6101M	Scientific Back Training Manual	£95.00	£71.25
	7201M	Scientific Core Conditioning	£120.00	£90.00
	2301M	Equal, But Not the Same Manual	£95.00	£71.25
	5301M	Advanced Program Design Manual	£130.00	£97.50
	8106M	Dynamic Medicine Ball Training Manual	£70.00	£52.50
	9103M	Swiss Ball Training Manual	£50.00	£37.50
	9105M	Advanced Swiss Ball Training for Rehabilitation Manual	£62.50	£46.88
	2400M	Primal Pattern Movements Manual	£40.00	£30.00
<b>Package</b>				
	<b>EMBH/YAWYE- PKG</b>	<b>The Healthy Living Package</b>	<b>£79.00</b>	<b>£59.25</b>
<b>Nutrition</b>				
	TBC	Coconoil-Certified Organic Coconut oil 460g	£11.00	£8.25
	TBC	Fish Oil Liquid 210ML	£21.00	Excluded

All Prices subject to postage & Packaging