

CARDIOBOX INSTRUCTOR PROFILE

Drills and skills for fun and fitness



Sarah is a popular and knowledgeable fitness instructor, personal trainer, mentor and coach. With more than 20 years industry experience, Sarah has taught at numerous fitness centres around the territory. She is a safe and technical instructor, holding relevant industry qualifications, registration and insurance and is Senior First Aid trained.

With a background in martial arts and boxing, Sarah designed a cross training system utilising boxing techniques for individuals of different fitness levels. Having taught various styles of fitness classes and having applied various exercise formats, Sarah believes her style of class delivers.

CARDIOBOX is a fun and motivating way to burn fat, alleviate stress, sleep soundly and reduce anxiety. CARDIOBOX pad work techniques are beneficial for cardiovascular fitness, coordination, balance, proprioception, reaction time, reflex, speed and agility. CARDIOBOX classes are beneficial as a stand-alone activity and are also an excellent cross training tool, complimenting most other physical activities such as dance, martial arts and endurance sports.

Sarah has the skills to cater for individual needs in a group setting, from those with a high level of cardiovascular fitness to those who are quite sedentary, as well as the novice to the experienced athlete. In addition to the fitness centre environment, Sarah has instructed classes for corporate groups, schools, community programs and local sporting teams. She has also cross trained amateur boxers pre-competition.

Sarah's passion is to assist individuals who do not believe that they can reach their goals and she delivers. Sarah has received in excess of 100 testimonials from members of the general public for assisting them to achieve their goals, including clients who have lost in excess of 90kg coaching and training with her.



CARDIOBOX SAFETY GUIDELINES OF PARTICIPATION

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1. A pre exercise health questionnaire must be completed and any medical conditions or concerns cleared prior to participation. You are not permitted to attend without providing a clearance for any known conditions
2. A medical check up is recommended pre commencing any exercise regimen
3. Testing blood pressure is also recommended prior to commencing any exercise regimen. Your general practitioner can perform this at your check up; otherwise your local chemist should be able to accommodate
4. Inform the instructor prior to each class commencement of any change in your health status
5. Inform the instructor immediately if you feel unwell in any way before, during or after the class
6. Like us on Facebook to be notified of any changes to class times and/or venue. This is the participant's responsibility
7. Wrist wraps and/or cotton inners, gloves and focus mitts are required to participate in the class and are not supplied by CARDIOBOX
8. CARDIOBOX is a non-contact physical activity. Gloves and focus mitts must be worn at all times. CARDIOBOX does not permit participation with bare fists as this can place both parties at unnecessary risk
9. Warm up, cool down and stretch components are compulsory. You must arrive 5 minutes prior to class with your hands already wrapped. Please do not enter the classroom after the class has commenced
10. Remove all jewellery prior to each class commencement
11. Do not chew gum or have anything in your mouth that could cause you to choke
12. Place all personal belongings in the designated area. Do not cause trip hazards or block thoroughfares
13. If you have been issued a device (e.g. epi pen or inhaler) for any known medical conditions please ensure you have it with you and a letter from your doctor regarding usage
14. If pregnant, consult the instructor
15. Bring a towel to prevent sweat from pooling on the floor. Wipe up any spills
16. Bring a towel or exercise mat for any floor exercises and stretches
17. Try not to wear excessively baggy clothes and ensure you wear breathable clothing (preferably cotton)
18. Wear lace up, closed toe shoes suitable for exercise. Bare or partially exposed feet are not suitable for participation in this activity
19. Ensure that you bring a water bottle and regularly hydrate before, during and after class
20. Try and partner with someone of a similar size and shape to you. Particularly avoid partnering with someone of a significant height and/or strength difference
21. The person punching must ask the person holding the focus mitts if they are comfortable with the level of force, pace and accuracy executed and adapt accordingly
22. If the person holding the focus mitts expresses lack of control or discomfort, stop immediately. Upon permission to recommence please ensure you are contacting the centre of the focus mitts, reduce speed and power until your partner indicates otherwise
23. The person holding the focus mitts must not move the focus mitts away until the punch has been executed and must not push down on the puncher's hands
24. The person punching must use controlled movements. Excessive swinging is dangerous and will not be tolerated
25. Do not attempt to execute a punch until the target becomes available in order to avoid overthrowing and locking out joints. Do not hold the focus mitts up if you are unprepared to receive a punch
26. If in doubt about any activity, consult your instructor before you attempt the activity
27. Train within your limitations, if at all concerned, consult with your instructor
28. Pace yourself, particularly during extremes of temperature, after returning from an illness or injury or if you become pregnant
29. Please treat others with respect and be mindful of your language
30. Comply with all Occupational Health and Safety legislation



PRE EXERCISE HEALTH QUESTIONNAIRE

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Name: _____ **Phone:** _____ **Email:** _____
Emergency Contact Name: _____ **Emergency Contact Phone:** _____

Place a ✓ to indicate “yes or not sure”

Do you have or have you had:

- | | | | | | |
|----------|--------------------------|---------------------------|--------------------------|----------------------------------|--------------------------|
| Gout | <input type="checkbox"/> | Glandular Fever | <input type="checkbox"/> | Any Heart Condition | <input type="checkbox"/> |
| Stroke | <input type="checkbox"/> | Rheumatic Fever | <input type="checkbox"/> | Heart Murmur | <input type="checkbox"/> |
| Diabetes | <input type="checkbox"/> | Dizziness or Fainting | <input type="checkbox"/> | High Blood Pressure >140/90 | <input type="checkbox"/> |
| Epilepsy | <input type="checkbox"/> | Stomach/Duodenal Ulcer | <input type="checkbox"/> | Palpitations or chest pain | <input type="checkbox"/> |
| Hernia | <input type="checkbox"/> | Liver or Kidney Condition | <input type="checkbox"/> | Raised Cholesterol/Triglycerides | <input type="checkbox"/> |

If you ticked yes, to any of these conditions please take this form to your doctor and ask for a clearance before starting an exercise program and provide a medical certificate to the instructor.

- Has anyone in your family under 60 suffered heart disease, stroke, raised cholesterol or sudden death?**
- Are you male over 35 or female over 45 and NOT used to regular vigorous exercise?**
- Are you on any prescribed medications?** **Have you been hospitalised recently?**
- Do you have any infectious diseases?** **Are you pregnant?**
- Have you given birth within the last 6 weeks?**

If you ticked “yes” please give details of any conditions, medications or approximate dates of clearance:

Condition Cleared

Signed

Have you ever had or do you have (circle)?

- Arthritis Asthma Cramps Muscular Pain

Any pain or major injuries in the following areas (circle)?

- Neck Back Knees Ankles Wrists Elbows

Do you smoke? Are you dieting or fasting?

Are there any other conditions, which may be reason to modify your exercise program?

If you answered ‘yes’ please inform the instructor before starting exercise.

What exercise have you been doing recently?

Intensity (circle) : Hard Medium Light

Please read the following exercise advice carefully before signing

- Ask the instructor to guide you into the most suitable level. Start at a low level and concentrate on learning to do the exercises properly. On each visit you will be able to work a little harder. Limit yourself to a pace where you can still talk comfortably.
- Should you suffer any injury, illness or condition, please tell the instructor by completing this form again.
- It is recommended that all males over 35 and females over 45 should have a medical assessment before starting an exercise program.

Statement

- I recognise that the instructor is not able to provide me with medical advice with regard to my medical fitness, and that this information is used as a guide to the limitations of my ability to exercise. I have answered the questions to the best of my ability and understand the advice above.
- I declare that I am in a physical state, which is sufficient to enable me to participate in the type and intensity of exercise that I intend to participate. Further, I declare that I am not suffering from any injury or illness or taking any medication that will place me at risk or affect me while exercising. I acknowledge that any form of physical exercise has dangers associated with it and agree to abide by The CARDIOBOX Guidelines of Participation and within limitations as specified on this form in order to reduce my chances of injury.
- I release the instructor from all action, claims and costs arising out of, or in any way connected with my participation in any fitness activity.
- I also indemnify the instructor from all action, claims and costs against it for any personal injury or damage to property out of or in any way connected with my participation in any fitness activity.
- If you are under 16 years of age, you must provide a medical clearance and be accompanied by a parent or legal guardian.

SIGNATURE: _____ **DATE:** ____/____/____ **LEGAL GUARDIAN:** _____ **DATE:** ____/____/____

CARDIOBOX GETTING STARTED

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Description: CARDIOBOX involves high intensity boxing pad work drills, skills and combinations. CARDIOBOX is packed with variety, sport specific techniques, interval and cross training activities.

Benefits: CARDIOBOX will improve cardiovascular fitness, coordination, balance, proprioception, reaction time, speed, agility and reflex and is an excellent fat burning tool.

Public Classes: Mondays 7:00pm-8:00pm
Thursdays 7:00pm-8:00pm

Venue: Harrison School, Wimmera St Harrison ACT

Equipment: BYO gloves, focus mitts, wraps, towel, drink bottle

Commitment: CARDIOBOX classes run for 12 consecutive weeks. A minimum of 10 participants must register for a public class to proceed. New starters can commence at any time.

Contact Details: Contact us for further information, class registration, one on one, group and corporate bookings.

Mobile: 0416 477 013

Email: enquiries@change coachingaustralia.com.au

Website: www.change coachingaustralia.com.au

Facebook: @change coachingaustralia

