

# BE INSPIRED BY PSYCHOLOGIST Patricia Butterworth

Who has just Published 'Create your Success - The lived experience'

Sydney University Double Masters Degree

5th Degree Master Black Belt

Highest Ranked Female - 'Australian Hapkido Association'

**For more information and to buy your copy go to:**

[www.createyoursuccess.com.au](http://www.createyoursuccess.com.au)



# TRAIN FOR YOUR EVEREST...

with Australia's leading sport scientist - Brett Butterworth

**Get fit & healthy to tick off your bucket list with Brett.**

Just returning from the 100km Inca trail walk to Machu Picchu, and now training for Everest.



# Get Fit at Home

Your **HEALTH** is our **TOP** Priority!  
We are excited to launch our Industry Leading workouts....

**Directly to you at home!**



## Live Streaming 3x Daily

7.00am (Mon-Sat)

9.30am (Mon-Sat)

5.30pm (Mon-Thu)

**STEP 1:** Book in your consultation with your EP trainer and receive your exercise ball, resistance bands and EP Instructional video.

**STEP 2:** Choose a time that suits you and head over to our link where we are live, streaming all levels of workout intensities.

**STEP 3:** Get fit, stay active and feel great increasing your natural immunity and feel good endorphins!

# BECOME ONE OF OUR AMAZING TESTIMONIES



**Michael**

**Michael developed a consistent weekly EP routine.**

Increased strength and dynamic cardiovascular exercises such as boxing. Always brings a friendly face, motivating and supporting others



**Susie**

**We recognise an un-sung hero,**

Susie is always inspiring other's, proving that living without sight doesn't stop you from doing anything. An ambassador working for 'Vision Australia' Susie with the assistance of 'Tilly' her amazing guide dog has maintained a dynamic exercise routine 3 sessions weekly for over 5yrs now. **Performing all exercises without restrictions and never complaining!**



**Dennis**

**Rehabilitation for knee replacement.**

Dennis improved significantly while developing an exercise routine with EP. Lost over 6kg, reduced waist measurement by over 5cm while increasing his fitness, strength and well-being.



**Michael**

**At the forefront of his industry,** leading the way with business and patient service. Michael has worked out with Brett for over 13yrs. His continued discipline and commitment to training has allowed him to maintain his fitness and ability to improve the lives of hundreds of patients weekly and deliver on-going premium patient service.



**Liz**

**Started from scratch with back concern.**

Liz continued to improve in confidence increasing her cardiovascular fitness by 25%, reducing waist by over 8cm & hips 4cm. Improved back strength & support while increasing flexibility, range of motion around back by 13cm.



**Allan**

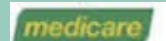
**95 years young!!**

Alan is one of our longest serving Veterans and continues to consistently dedicate three sessions per week to improving functional daily activities and his lifestyle. **Amazing!**



**Craig**

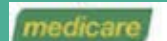
**Has overcome health injuries** to improve strength to leg press over 140kg and DB press 50kg. Craig's lifestyle has improved dramatically with increased functional ability with kayaking, cricket, and golf.



**Mark**

**Wow! Dropping an amazing 30kg Fat wt!,**

Mark decreased load on his joints, improved aerobic capacity while holding off knee surgery with strength and management of his knees through his EP program...



Call for your complimentary consultation on **9501 5999** or email [ep@ex-phys.com.au](mailto:ep@ex-phys.com.au)  
52 President Av Caringbah (opposite Woolworths) [www.ex-phys.com.au](http://www.ex-phys.com.au)



**IMPROVE HEALTH**



**IMPROVE INJURIES**



exercise  
physiology

# FOR LIFE

Overcome life's hurdles  
**START LIVING TODAY**

“Brett Butterworth is a world leader in health & fitness training. He can motivate you to do great things with your mind and body.”

Grantlee Keiza  
Sports columnist The Daily Telegraph and Sunday Telegraph

**Inspire others, we want to hear your story...**

**AMAZING  
45kgs  
fat loss!**



**Rebecca** 'Successfully completed Cook Classic ocean swim race'.

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