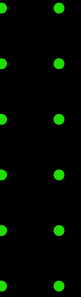


# CATALOG

The best investment is investing  
in yourself



HEALTHPOINT



# HEALTHY

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# INTRODUCTION

HEALTHPOINT – WHERE PROGRESS BEGINS

AT HEALTHPOINT, OUR MISSION IS TO HELP EVERYONE MOVE TOWARD A HEALTHIER, STRONGER AND MORE ENERGETIC LIFE. WITH EXPERTISE AND PASSION, WE SUPPORT OUR CLIENTS IN ACHIEVING THEIR GOALS – WHETHER IT'S WEIGHT LOSS, MUSCLE BUILDING, OR SIMPLY FEELING BETTER.

OUR OFFER INCLUDES PERSONALIZED WORKOUT PLANS, HIGH-QUALITY SUPPLEMENTS, AND RELIABLE, DIVERSE WEIGHTS AND TRAINING EQUIPMENT. WE BELIEVE THAT PROGRESS IS BUILT ON CONSCIOUS MOVEMENT, PROPER NUTRITION, AND WELL-CHOSEN GEAR.

OUR TEAM WORKS TO ENSURE EVERYONE FINDS THE BEST SOLUTION FOR THEM — WHETHER YOU'RE A BEGINNER OR A PRO.

# WORKOUT PLANS

FOR KIDS (6–18 YEARS)

A PLAYFUL AND SAFE MOVEMENT PROGRAM DESIGNED SPECIFICALLY FOR CHILDREN. THE 30-DAY WORKOUT PLAN FOCUSES ON IMPROVING COORDINATION; SKILL, POSTURE, AND RHYTHM — WITHOUT OVERLOADING GROWING JOINTS.

## INCLUDES:

- 4WEEK PLAN, 3 FUN TRAINING DAYS/WEEK
  - COORDINATION, BALANCE, AND AGE APPROPRIATE STRENGTH DRILLS
  - MINI CHALLENGES
- WEEK 0 SAFETY GUIDE FOR WARM UP & STRETCHING
  - PARENT SUPPORT GUIDE
  - RECOMMENDED EQUIPMENT LIST

PRICE: 8 990 FT

# WORKOUT PLANS

## FOR MEN

IS A 4 WEEK INTENSIVE TRAINING PLAN TO INCREASE MUSCLE MASS, STRENGTH, AND EXPLOSIVENESS.

### INCLUDES:

- 5DAY/WEEK MUSCLE BUILDING PROGRAM
  - PROFESSIONAL MUSCLE GROUP SPLIT
- STRENGTH OPTIMIZED LOAD PROGRESSION
  - WEEK 0 TECHNIQUE GUIDE
  - RECOVERY + NUTRITION GUIDE
- RECOMMENDED SUPPLEMENTS: CREATINE, PROTEIN, BCAA

PRICE: 15 490 FT

# WORKOUT PLANS

## FOR WOMEN

IS A 4WEEK PROGRAM DESIGNED FOR MUSCLE GROWTH, STRENGTH DEVELOPMENT, AND TONE.

### INCLUDES:

- 5 DAY/WEEK MUSCLE BUILDING PROGRAM
- PROFESSIONAL SPLIT: BACK-SHOULDERS-ARMS  
-LEGS-GLUTES
- STRENGTHOPTIMIZED LOAD
- WEEK 0 TECHNIQUE GUIDE
- RECOVERY + NUTRITION GUIDE
- RECOMMENDED SUPPLEMENTS:  
CREATINE, PROTEIN, BCAA

PRICE: 15 490 FT

# OUR PRODUCTS

CREATINE POWDER  
7 000 FT/KG



PROTEIN POWDER  
9 000 FT/ KG

WEIGHTLIFTING BELT  
(S-XL) 10 800 FT



# OUR PRODUCTS

STRAPS  
2 000 FT/UNIT



DUMBBELLS  
5-25 KG  
10 000FT-  
18 000FT

KNEE SUPPORT (S-L)  
4 200FT



# OUR PRODUCTS

VITAMINS  
3 400 FT



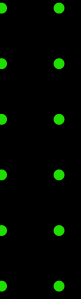
COLLAGEN  
5 670 FT

# OUR MEAL PLANS

## PERFORMANCE-ENHANCING MEAL PLAN:

1. BASIC PRINCIPLES FOR ALL SPORTS DISCIPLINES
2. STRENGTH SPORTS / MUSCLE-BUILDING MEAL PLAN
3. ENDURANCE SPORTS (RUNNING, CYCLING, SWIMMING) MEAL PLAN
4. READY-TO-USE SAMPLE MEAL PLAN

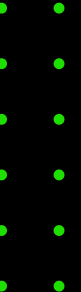
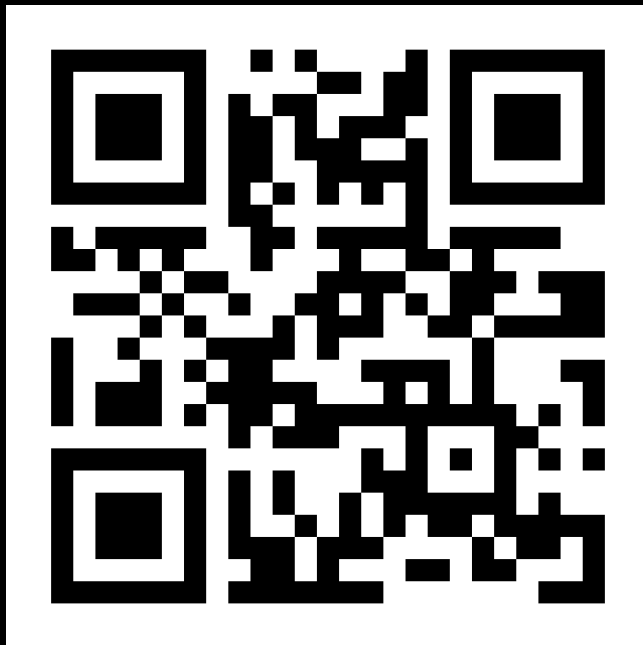
# MEDICAL GOAL-ORIENTED SPECIAL DIETS



1. 1. LACTOSE-FREE DIET
2. VEGAN DIET
3. DIABETIC DIET
4. ALLERGEN-FREE DIET
5. HEART-HEALTHY DIET
6. LOW FODMAP DIET

\*PRICES INCLUDE VAT\*





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