



**PHE MB**

Physical and Health Educators of Manitoba

**EPS MB**

Éducateurs d'éducation physique et de santé du Manitoba

# FITNESS CIRCUIT CHARTS

*Elementary School and Secondary School Series*

PHE Manitoba is pleased to promote a resource developed by Thompson Educational Publishing – Fitness Circuit Charts.

**ALSO AVAILABLE IN FRENCH - ORDER WITH PHE Manitoba NOW!**

**Get ready to get active!** Cater cardio-respiratory and resistance routines to suit the needs of your students, regardless of their current fitness level. Simply select the fitness charts that target the muscles you want your students to focus on, take the students through the exercises step-by-step, set the number of seconds or repetitions for each exercise session, and then supervise their fitness circuit sessions.

**Health Literacy.** Each series includes two anatomy charts showing the muscular system and the skeletal system. Students can refer to these anatomy charts before and after their exercise session to see exactly which muscles are being used.

## What You Will Receive

- 40 charts: Each chart is 13 x 19.25 inches (large tabloid size), in full-colour and laminated on card stock for durability
- 2 bonus charts - the muscular system and the skeletal system
- The User Manual contains a checklist of supplementary cardio-respiratory and agility exercises; safety tips, guidelines and exercise techniques; list of equipment needed and usage tips; circuit training design templates and sample circuits

## PHE Manitoba Fitness Circuit Chart Program

### Discount – ALL LEVELS

PHE Manitoba has negotiated a group discount for new Fitness Circuit Chart purchases. BOTH the Elementary School Series and Secondary School Series are eligible for this discounted pricing.

- **PHE Manitoba Member price: \$195.00 CDN (plus shipping) – a saving of 9% or \$30**

### Rebate – SENIOR YEARS ONLY

- PHE Manitoba members may apply for a PHE Manitoba rebate on the resource on a first-come-first-served basis (focusing on **SENIOR YEARS** schools). One rebate will be distributed per school/member.
- Fitness Circuit Charts that were purchased before PHE Manitoba's Program was announced are eligible for the rebate. Proof of purchase (receipt, purchase order...) must be submitted to receive the PHE Manitoba rebate of \$50.

### Equipment – ALL LEVELS

- The Fitness Circuit Equipment Kit is available from T. Litzen Sports Ltd priced at a reduced, group rate. [Flyer.](#)  
*\*There is additional equipment that is used in the circuits that is not a part of the above Kit. However, most schools have access to: Frisbees, basketballs/volleyballs/soccer balls, stacking cups, beach towels and cloths, step benches, light dumbbells/hand weights, mats, pylons, 4" dice, tennis balls and bean bags.*

**NOTE: The equipment is geared towards Senior Years Students but can be used for Early and Middle Years Students.**

## ORDERING

To access the PHE Manitoba Member Pricing and Discount for the Fitness Circuit Charts and/or the Equipment Kit, orders must be placed through the PHE Manitoba office. Complete the following form and send to PHE Manitoba by email.



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# Fitness Circuit Charts/Equipment Order Form

Date: \_\_\_\_\_

School Name: \_\_\_\_\_ Division: \_\_\_\_\_

School Address: \_\_\_\_\_ City/Town: \_\_\_\_\_

Postal Code : \_\_\_\_\_ Phone : \_\_\_\_\_ Fax : \_\_\_\_\_

Contact Name: \_\_\_\_\_ Position : \_\_\_\_\_

Email : \_\_\_\_\_

**Are you a PHE Manitoba Member? Yes No** (Contact the PHE Manitoba office about purchasing a membership.)

\*To access the discounted prices you MUST be a current FULL PHE Manitoba member.

\*To access the Fitness Circuit Chart Rebate, you must be a current FULL PHE Manitoba member and teaching in a Senior Years School. Rebates are issued pending fund availability.

\***Divisional Orders:** if you are ordering Fitness Circuit Charts on behalf of the schools in your Division, there must be a current FULL PHE Manitoba membership at each school.

## FITNESS CIRCUIT CHART

**\*Pre-Payment is required for all Non-PO's\***

Invoice my School       Invoice my Division       PO # \_\_\_\_\_

ITEM	PRICE	ENGLISH or FRENCH	NUMBER ORDERED	TOTAL
Fitness Circuit Charts – Elementary Series (Early and Middle Years)	\$195			
Fitness Circuit Charts – Secondary Series (Senior Years)	\$195			
<b>TOTAL</b>				
<b>Shipping</b> \$15 per set*				
<b>PHE Manitoba REBATE</b> (secondary series only)				
<b>FINAL TOTAL</b>				

\*if you would like to make arrangements to pick up your order from the PHE Manitoba office, the Shipping Cost will be \$7.50 per set.

## FITNESS CIRCUIT EQUIPMENT

ITEM	PRICE	NUMBER ORDERED
Fitness Circuit Equipment (Make your PO out to T.Litzen but send order form and PO to MPETA)	\$352 (plus GST, PST and Freight)	

\*NOTE: In order to access the bulk discount, orders must be sent through PHE Manitoba. T.Litzen Sports Ltd will invoice you directly for the equipment plus GST, PST and Freight (about \$40). Your equipment order will be sent directly to your school from T.Litzen Sports LTD.

**Complete form and email to [phe.mb@sportmanitoba.ca](mailto:phe.mb@sportmanitoba.ca)**