



A whole new way to fitness



15th November, 2007

To Whom it May Concern

I believe Body Wall is a fantastic new training initiative which has the potential to offer an 'extra edge' to an athlete's performance and physical condition. Training on Body Wall improved my flexibility at the same time as increasing muscle strength and control and certainly seemed to reduce the incidence of injury.

As a former New Zealand Hockey player and Olympian, I understand the importance of performing skills to the highest level, whilst the body is fatigued is crucial and I believe training on Body Wall would assist this greatly due to the way it develops strength and control.

One key point of difference is the ability to load up the body whilst holding onto your playing equipment. This is a fantastic way of maximising training sessions.

I only wish Body Wall had been available when I was playing and training at the peak of my hockey career!

A handwritten signature in black ink that reads "Anna Lawrence".

Anna Lawrence

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Sporting

- NZ Hockey Player 1990- 2001
- Commonwealth Games Bronze Medallist (KL 1998)
- Olympian (1992, 2000)
- Captain 1995- 2000

21st September 2007

To whom it may concern,

I am a Sports Therapist at Focus 2000 working to maintain and improve the mobility of people with physical disabilities. Focus 2000 is a non-profit organisation providing a range of support services for people in the community. Our vision is to be leading national community based service provider and one of the core services is mobility rehabilitation. Our programmes are especially designed to cater for children and adults with physical disabilities. The ultimate aim is to promote independence and ensure that each individual fulfils their own physical potential, optimising their quality of life.

I am writing with my support for Chris Toal and the Bodywall project. We have been using the Bodywall as part of our exercise programmes for the last two years with great benefits these include:

- *Reduction of spasticity.
- *Improvement in muscle strength, flexibility and general fitness.
- *Provides mental stimulation and encourages recovery.

The Bodywall can be beneficial for anyone who has these conditions:

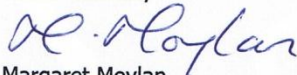
- *Multiple sclerosis
- *Muscular Dystrophy
- *Stroke
- *Spastic paralysis
- *Crania-cerebral trauma
- *Cerebral palsy
- *Parkinson's disease
- *Spina bifida etc

There are different styles for working out on the Bodywall:

- *Passive training where the client is supported by the wall and assisted by a staff member to do the stretches.
- *Active training, using one's own muscle strength against the wall and other equipment for resistance.
- *Assistive training, using one's own muscle strength with assistance from staff member.

I am still learning new techniques about the Bodywall everyday; however I believe it is a great piece of equipment and could serve many more people with or without a disability. If you would like any other information please do not hesitate to contact me.

Yours Faithfully



Margaret Moylan
Sports Therapist
Focus 2000
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the very best you can be

FOCUS 2000 Ltd - the contracting and business arm of the Cerebral Palsy Society

www.focus2000.org.nz



31st April 2009

To Whom it may concern,

I have been exercising on Bodywall for almost 6 months now and have been extremely impressed by the results. I now have the energy and fitness of a teenager, and I have never looked as good as I do now, ever! The best thing about Bodywall is that I only need to spend *one* hour a week exercising. This is ideal for me as like most professionals, I have very little time available to spend exercising. Because Bodywall has been so effective in increasing my cardiovascular fitness and building the strength and tone of my muscles, ALL regular activity that I am engaged in throughout the week is converted to exercise. Bodywall is fun, challenging and suitable for all ages and body types. It is also safe for those with medical conditions who would otherwise not normally be able to participate in exercise. I have no hesitation in recommending Bodywall to anyone, particularly those who find scheduling exercise difficult or are bored by other fitness regimes.

Dr Simon Garlick
MBCChB, FRNZCGP
Clinical Director for The Peoples Centre Trust PHO

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Manurewa Peoples Centre
7 Halver Rd, Manurewa
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To Whom It May Concern:

I am the director of the Auckland Opera Studio and I work with young singers from around New Zealand.

One of the most important aspects of singing is the necessity to understand the body, and most specifically the breathing system and all its associated muscles.

This understanding releases the voice, supports it and creates the energy and the space for the miracle of the resonating and amplifying of the sound, which comes from the larynx and the resonator. A great breathing system is almost more important than a great natural voice.

The body wall has been a miracle worker particularly in the case of a young soprano who has just won a place at the Royal College of Music in London. The changes of the function of her breathing pattern and her ability to cope in a performing situation have made all the difference to her success and therefore to her possible future on the international music scene.

I have three other students working in the Body Wall now, and after teaching in London and New York for the last thirty years, I never want to do without the Body Wall for my students. Its power and effects are astounding and I myself am absolutely a believer in it.

We have a tradition in New Zealand for producing great singers. This amazing tool can only enhance this phenomena. I cannot recommend the Body Wall to you highly enough.

Yours Sincerely,



Frances Wilson

November 7th 2007
Birkenhead
AUCKLAND
NEW ZEALAND

To Whom It May Concern:


I am the current captain of the New Zealand Women's Hockey Team (the Black Sticks) and have just over 100 international test caps to my name. I was grateful enough to be introduced to Chris Toal and the Bodywall Training system in 2006 while taking a break from international hockey. Since then I have enjoyed a very successful international season (recently qualifying for Beijing Olympics), and I have experienced success at both the club and provincial levels. I am the only female to play in the premier men's club competition in North Harbour. (NHL Winners 2006, and finalists 2007).

With hockey not being a professional sport in New Zealand and having to juggle the demands of full time work, hockey and training into our day-to-day lives is important that our training methods are specific and effective. With that in mind you may understand my enthusiasm to endorse the Bodywall for all it has to offer.

As an athlete you need to understand how to perform your required skills to the best of your ability on a consistent basis. Bodywall is a great training tool that not only enables you to learn about your body but it also allows you to train your body on as many levels as you want/need. There are no limitations with this tool. I have found the Bodywall exceptional as it has allowed me to train my strengths and, more importantly, my weaknesses by breaking down the process of performing such hockey skills and working through each phase. This in turn is allowing me to magnify the training load on such a specific level and does not require a massive time commitment; I can honestly say that no other training tool allows me to do this.

I could speak about the benefits of Bodywall for as long as you're willing to listen but to make it clear - the Bodywall is giving me the chance to excel in my sport as an athlete and hockey player on club, provincial and international level. I believe the Bodywall will play a major role in enabling me to be a stand out performer during upcoming major international tournaments and I would like to hope that many more New Zealanders are exposed to such opportunity in their chosen fields.

Regards,


Lizzy Igasan

24th October 2007

To Whom It May Concern:

I was introduced to Bodywall as a reporter working for One News Sport. A colleague advised me there was a 'new and innovative' training system that had been designed by Chris Toal. As a former New Zealand Silver Fern, I was intrigued at the idea and subsequently sold the story to my sports Producer.

When I first laid eyes on the Bodywall, I was a little perplexed. As an athlete I was used to weights, pulley-systems, plyometric sessions etc... At first I wasn't that convinced (like most who encounter the wall for the first time), but after being coaxed to try it out, I was instantly sold.

Never before have I encountered a system that can work on my power, strength and flexibility in the range of motion specific to my sport of netball. As a former NZ Women's Touch player, I could also see the benefits for this sport as well.

I trained on Bodywall while I played in netball's elite domestic competition, the National Bank Cup and the benefits were astounding. If only Bodywall had been invented when I was starting my career, it would have prevented many of my injuries.

Training on Bodywall first and foremost gave me core stability, which is essential for any sport. It also allowed me to stabilise/strengthen in specific netball postures ie: reaching down and passing the ball from down low, stretching for a ball and passing from that unstable position. It is easy to build strength in the gym using machines, but it doesn't allow you to put your body in specific netball positions and strengthen the bigger and smaller muscles, which Bodywall allowed me to do.

As a result, I was the only player in the entire squad of 12 to participate in every game for all 4 quarters. Before Bodywall I had persistent calf and back problems. These problems didn't exist during my season with the Diamonds.

I believe Bodywall has the ability to change the way athletes train.

Regards,



TVNZ

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Te Reo Tātaki

Jenny-May Coffin

Sports Reporter - ONE NEWS

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Silver Fern 1997 – 2002

NZ Women's Touch Team 1999 - 2001

November 15th 2007

TO WHOM IT MAY CONCERN.

I was introduced to Wellness at work through a friend who found it to be wonderful thing to do. I visited Chris in April/May 2005 with a problem in Knees but on my first visit Chris told me the problem is not Knees but is weight. I used to weigh around 123 Kilos at the time. Chris put a good regime of diet, exercise and massage to work with me. Lot of hard work was put in and during the course Chris exposed me to body wall concept and shown me the demo.

I have also undergone some weight control surgery during this period. I could make that decision because I started feeling very good about myself after being having couple of sessions with Bodywall.

Once I came out of the recovery of the operation I started on advice from Chris and my confidence in Bodywall once a week full on session. To my surprise I can now run and jog and dance and etc.

I found that Bodywall was so easy and was fun to do. It was no where a torture to my body and I always looked forward for my Monday morning session.

The strength to my muscles and change in my posture was the main gain during this period. I got rid of all funny pains and after two years my knees are still the same but I have no issues with them at all.

I can see lots of good results via Bodywall for people who cannot do heavy workouts at Gyms. The innovative methods of training are shown to me all the times during my sessions. I thoroughly enjoy my time and feel so good after the sessions.

I recommend this technique of training to be adapted to various fields of life.

I personally have gained lot of confidence and people at my work place respect me for the achievement of bringing me down to 76 Kilos and fully fit energetic person.

I work as CEO of software development company in Auckland and my productivity has gone up many times and have given me lot of respect within corporate.

Last not least I still find people asking my wife where your husband is as they cannot recognize me.

My previous and current pictures will explain everything to you.

Thanks to Bodywall team and special to Chris Toal.



Mannu Kaila
CEO



GOLF WORKS LIMITED

1st April 2009

To whom it may concern,

In March 2008 I was given the opportunity to assess the Bodywall for its suitability as a therapeutic tool for injury rehabilitation and performance enhancements within the golf industry. Having worked as a physiotherapist for over 12 years I have been very impressed with the results that can be achieved on the Bodywall in this current time-poor climate when compared to conventional training and rehabilitation models. I believe that the muscle activation and motor patterning that is targeted by the inherent nature of the Bodywall technology would require significantly more specificity and attention to detail if one tried to achieve the same results in more traditional training and rehabilitation settings.

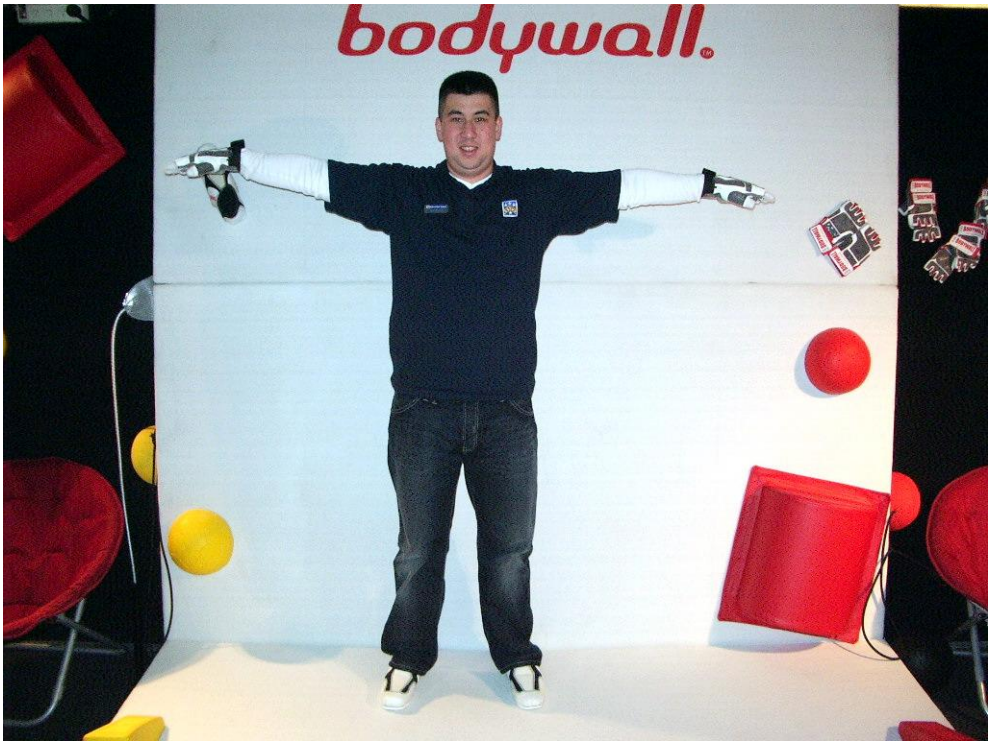
Successful rehabilitation outcomes are dependent on an appropriate interplay between the biological, the psychological and the social factors that are unique to each individual seeking help with their physical ailments. The biological component is one that is often lacking in specificity due to both time and/or economic constraints. People can spend countless hours in gyms and in classes doing exercises poorly, which usually results in sub-optimal long-term outcomes. Whilst one can still train poorly on any piece of equipment, the Bodywall system appears in part to minimise this effect. I suggest that this is due to both the technology utilised by the Bodywall and to the skill sets of the trainers using this training system.

From a personal experience I found 1-2 hours per week of training on the Bodywall led to significant improvements in my overall physical strength, stability, movement control and aerobic capacity. This is something that I have not been able to achieve with the muscle 'isolation' approach encouraged in most gym settings. Because the Bodywall system appears to recruit significantly more muscle fibre throughout the body with the majority of the exercises I have noticed that this 'minimal' amount of training on a weekly basis has achieved significantly better weight loss and strength gains than I have noted from spending similar timeframes training in gyms in the past. Furthermore, training on the Bodywall over a six-month period led to a surprising improvement in the scoliotic shape of my spine, an improvement that I did not expect but a result I am pleased with.

In the current economic climate where funding bodies are requiring evidence-based outcomes to justify the dollars being spent on health and rehabilitation I believe the Bodywall system, when utilised by appropriately trained personnel, has the potential to meet and exceed the outcomes being achieved in the current world of rehabilitation. The Bodywall system is capable of enhancing practically every exercise component required for successful injury rehabilitation I have no hesitation in recommending the Bodywall system becoming an integral part of any rehabilitation scheme.

Yours sincerely

Trevor Montgomery
MHSc (Hons) PGDHSc (Manipulative Physiotherapy) PGCertHSc (Western Acupuncture)



Picture above.
Subject was bank manager Warren Sare attending the 2008 Franchise expo. Injured in cycle accident two years prior with arm elevation restricted to shoulder height.

After one 20 minute treatment of functional self supported exercises and PNF stretch ROM extended to full height as shown.

CHANGES IN RANGE OF MOTION THROUGH USE OF THE BODYWALL TRAINING SYSTEM

Simon Pearson*, Patria Hume, Chris Whatman

Sport Performance Research Centre - Auckland University of Technology,

Simon Pearson is the Research Officer in the Sport Performance Research Centre, Associate Professor Patria Hume is Director of the Sport Performance Research Centre, Chris Whatman is a Physiotherapist and Lecturer in the Division of Sport and Recreation.

Introduction: The flexibility or range of motion of a joint has a number of implications in terms of sporting performance in addition to health, fitness, and general function. Increased flexibility can improve the efficiency of a movement, improve posture, and reduce the likelihood of injury through muscle strains. A technique or tool that is effective in improving joint range of motion would be beneficial to the health and fitness industry. The Bodywall is a new product designed to provide some of these benefits.

Purpose: This project aimed to assess the effectiveness of the Bodywall system for increasing joint range of motion.

Methods: 45 subjects were recruited from the general population and divided into three groups: experimental, pure control, and stretching control. The experimental group performed stretches using the Bodywall system, which requires the participant to wear gloves and slip-on shoes covered in velcro-like grips made from 3M Nulock and is used as an attachment to the Bodywall. Stretching controls performed "normal" static stretches, and the pure control group performed no stretching. Subjects from the two stretching groups (experimental and stretching control) completed a six-week intervention period, involving three supervised stretching sessions per week (30 minutes per session). Six range of motion measures were taken pre and post the intervention period using digital video footage and the SiliconCoach Pro analysis package.

Results and discussion: Data collection will be completed October 2003. Preliminary results from sixteen subjects who have completed the intervention period have indicated positive changes in flexibility from pre to post intervention for both the experimental (n = 7) and stretching control groups (n = 3). Significant improvements were seen in the experimental group for the gastrocnemius, hip flexor, hamstring, and shoulder abduction measures, with the shoulder abduction measure showing a significant improvement in the stretching control group. No significant changes were seen in the pure control group (n = 6).

Table 1: Average change in joint range of motion (95% confidence interval) following a six-week intervention period. * = significance level of $p < 0.05$.

Measure	Experimental	Stretching control	Pure control
Gastrocnemius	5.7° (1.5-9.9)*	2.1° (-0.4-4.6)	1.9° (-3.2-7.0)
Hip flexor	4.2° (1.2-7.3)*	4.2° (-2.7-11.2)	0.3° (-0.8-1.5)
Quadriceps	2.4° (-5.7-10.4)	1.8° (-5.0-8.5)	2.7° (0.9-6.2)
Hamstrings	8.4° (4.7-12.2)*	4.8° (-0.7-10.3)	2.8° (-1.9-7.6)
Shoulder extension	1.7° (-1.1-4.5)	2.8° (-9.0-14.6)	1.6° (-1.9-5.1)
Shoulder abduction	4.8° (0.4-9.2)*	3.8° (0.6-6.9)*	-0.72° (-5.3-3.9)

Acknowledgements: AUT and Bodywall Ltd funded this project.

bodywall.



The above photographs are from a 20 minute rehabilitation trial performed on Mrs Edna Mc Culloch aged 91 at AUT on the 25/11/07. Mrs Mc Culloch had been injured in a fall 2 year prior and had been restricted to walking with a frame. She left free standing and without requiring the assistance of the walking frame to walk.

"This is the first time that I have had my hands above my head for a long while" "I felt a sense of standing taller than had for many years."

Edna Mc Culloch.

Fast, fun and incredibly effective fitness training

1 Bodywall™ resistance training

Bodywall™ is a globally patented resistance training technology which delivers fitness benefits faster than any system on the market. Customised training programmes are delivered exclusively through locally based certified personal trainers. It is suitable for all ages and fitness levels.

2 Quick, visible results

Bodywall™ delivers extremely fast, visible results to both posture and muscle tone. Traditional training is turned on its head. You don't lift dangerous heavy weights or ineffective light ones. With Bodywall™ you engage your whole body in all exercises. This focus on your body core makes it so effective that much shorter training sessions are required compared to traditional training.

3 Personal trainers

Bodywall™ is only available through certified personal trainers. Bodywall™ trainers select from hundreds of exercises to customise interesting and effective training programmes, specifically for the outcomes you are looking to achieve. Bodywall™ trainers are not only qualified and experienced in delivering the right programmes, they motivate you to ensure you achieve the results you want.

4 Never get bored

One of the problems with traditional training is boredom. Bodywall™ has over 500 exercises which can be combined into limitless programmes. You will never get bored with Bodywall™!

5 Train individually or as a pair

We have found that the best results are achieved when people train in pairs. Training in pairs not only makes sessions more enjoyable, it makes them more cost effective. Find a friend and come along for a FREE TRIAL (either e-mail or ring the number on the back of this leaflet).

6 A typical session

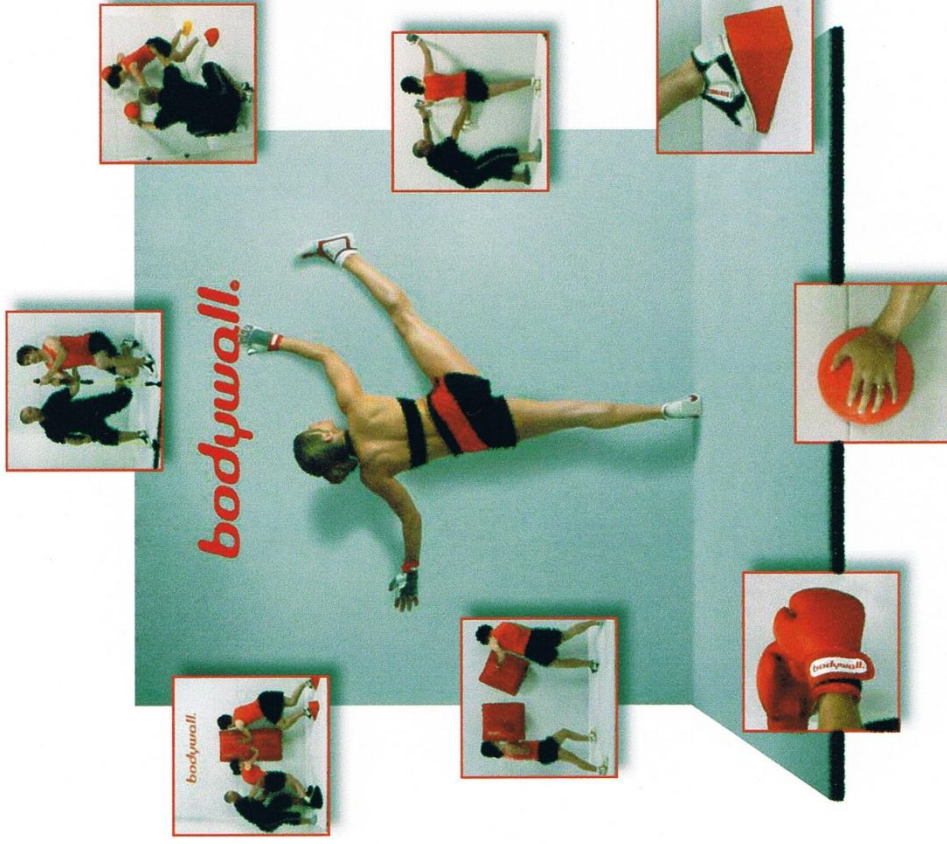
A typical Bodywall™ session involves a 5-10 minute warm up, a variety of training modules for 40-45 minutes and finishing up with 10 minutes stretching. For each training module the Bodywall™ is reconfigured with a variety of accessories keeping programmes interesting.

Programmes are individually tailored to deliver the outcomes you want - aerobic strength, flexibility, muscle tone, weight loss or specific sporting objectives.

7 Completely revolutionary

Bodywall™ is set to change the face of fitness training globally. It is exclusively available through certified personal trainers to ensure the fitness outcomes it can deliver, are delivered.

The Bodywall™ is one of the most effective system for general fitness, cardio, stretching and muscle building available. Refer to quotes on back page.





"I enjoy Bodywall because I get a massive strength workout and push my lung strength and cardio in one workout"

Jason Suthie | Six Times World Kick Boxing Champion



"I believe Bodywall has the ability to change the way athletes train"

Jenny May Coffin Silver Fern 1997 – 2002
Captain Southern Steel 2008



"I could speak about the benefits of Bodywall for as long as you're willing to listen"

Lizzy Igasan | Captain - Blacksticks 2008



"A great breathing system is almost more important than a natural voice."

The Bodywall has been a miracle worker.

Frances Wilson Director Auckland Opera Studio



"This is the first time that I have had my hands above my head for a long while"
"I felt a sense of standing taller than had for many years."

Edna Mc Culloch 91 years young.