

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,



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Silver Fern 1997 – 2002
NZ Women's Touch Team 1999 - 2001