

Welcome to PosterFit

PosterFit's fantastic new range of 13 A1 training posters is guaranteed to brighten up any training environment.

Plus over 85 Free Videos and 200 minutes of expert advice



Bring your poster to life with video on your phone

Just scan the QR code for instant access



1 Read it

2 Scan it

3 Do it



What makes us stand out from the crowd?

The following unique features combine to make PosterFit's products the ultimate training partner.

Content - Something for Everyone

All posters have been designed in consultation with a core group of personal trainers, gym users and gym managers to ensure that the content is appealing to all users, no matter what their goals or level of fitness.

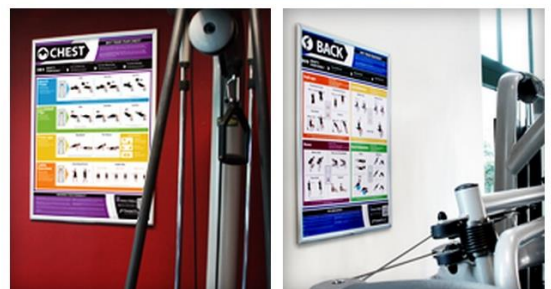
Design Expertise

PosterFit has over 15 years' experience producing eye-catching and informative posters. This expertise, combined with the knowledge of training specialists has enabled PosterFit to create a unique range of posters for the training environment that are unrivalled by any other posters on the market.

QR Codes – More than a poster

PosterFit's revolutionary training posters transform the traditional 2D poster, providing users with a wealth of exercise tips and advice. All posters in the range include a QR code that can be used by any gym user to instantly access free additional content, ranging from interactive exercise demonstrations to meal plans and training schedules.

PosterFit's range of A1 posters are a great way of brightening up any training environment and provide a great source of immediate support for gym users. The visual and educational posters help inspire users, providing motivating ideas, tips and advice for both training and nutrition.



SHOULDERS

WHY TRAIN YOUR SHOULDERS?

Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.

WHAT'S YOUR GOAL?

- Tone and Burn Fat** - Perform three sets of 12-15 reps using a light to moderate weight.
- Increase Muscle Size** - Perform three sets of 8-12 reps using a moderate to heavy weight.
- Increase Strength** - Perform one set of 3-5 reps using a heavy weight.

Shoulder Presses

Barbell

Dumbbells

Arnold Press

Alternate One-arm

Lateral and Front Raises

Lateral

Bent-over Lateral

Front

Alternate One-arm Front

Upright Rows and Shrugs

Shrugs (Dumbbells)

Shrugs (Barbell)

Upright Rows (Barbell)

Upright Rows (Dumbbells)

Rotations

Seated External

Cuban

External

Internal

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com
Your ultimate training partner

Shoulders (A1 size - laminated)
Code: GYM 001L

BACK

WHY TRAIN YOUR BACK?

Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.

WHAT'S YOUR GOAL?

- Tone and Burn Fat** - Perform three sets of 12-15 reps using a light to moderate weight.
- Increase Muscle Size** - Perform three sets of 8-12 reps using a moderate to heavy weight.
- Increase Strength** - Perform one set of 3-5 reps using a heavy weight.

Lat Pulldowns

Wide Grip

Narrow Grip

V-bar Grip

Rows

Bent-over

One-arm Dumbbell

Face Pull

Seated

Pull-ups

Overhand Grip

Underhand Grip

Assisted

Supine

Back Extensions

Floor

Machine

Ball

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com
Your ultimate training partner

Back (A1 size - laminated)
Code: GYM 002L

CHEST

WHY TRAIN YOUR CHEST?

Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.

WHAT'S YOUR GOAL?

- Tone and Burn Fat** - Perform three sets of 12-15 reps using a light to moderate weight.
- Increase Muscle Size** - Perform three sets of 8-12 reps using a moderate to heavy weight.
- Increase Strength** - Perform one set of 3-5 reps using a heavy weight.

Bench Press

Flat

Decline

Incline

Dumbbell Flys

Flat

Decline

Incline

Press-ups

Standard

On Knees

Alternatives

Cable Exercises

Standing Punch

Low to High

Mid Level

High to Low

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com
Your ultimate training partner

Chest (A1 size - laminated)
Code: GYM 003L

ARMS

WHY TRAIN YOUR ARMS?

Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.

WHAT'S YOUR GOAL?

- Tone and Burn Fat** - Perform three sets of 12-15 reps using a light to moderate weight.
- Increase Muscle Size** - Perform three sets of 8-12 reps using a moderate to heavy weight.
- Increase Strength** - Perform one set of 3-5 reps using a heavy weight.

Biceps Curl

Barbell

Dumbbells

Reverse

Active Twist

Pull-ups

Underhand Grip

Overhand Grip

Assisted

Supine

Triceps Dips

Bench

Bench with Feet Raised

Dip Station

Triceps Extensions

Lying

Overhead (Cable)

Overhead (Dumbbells)

Triceps Pushdowns

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com
Your ultimate training partner

Arms (A1 size - laminated)
Code: GYM 004L

Posters – Exercise

CORE

WHY TRAIN YOUR CORE?

Training your core will improve your posture, flexibility and balance. This central part of your body is the foundation for all movement. It is also the source of power for all movement. It is the source of power for all movement. It is the source of power for all movement.

WHAT'S YOUR GOAL?

- Tone and Burn Fat
- Increase Muscle Size
- Increase Strength

Upper Abdominals

- Crunches (Floor)
- V-sits
- Crunches (Ball)
- Crunches (Cable)

Lower Abdominals

- Bent Leg Raises
- Straight Leg Raises
- Reverse Curl
- Hanging Knee Raises

Obliques

- Oblique Crunches
- Wood Chopper
- Lower Body Twists

Inner Core

- Rollouts
- Plank
- Alternate Arm and Leg Raises

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com

Core (A1 size - laminated)
Code: GYM 005L

BACK

WHY TRAIN YOUR BACK?

Training your back will improve your posture, flexibility and balance. This central part of your body is the foundation for all movement. It is also the source of power for all movement. It is the source of power for all movement.

WHAT'S YOUR GOAL?

- Tone and Burn Fat
- Increase Muscle Size
- Increase Strength

Lat Pulldowns

- Wide Grip
- Narrow Grip
- V-bar Grip

Rows

- Bent-over
- One-arm Dumbbell
- Face Pull
- Seated

Pull-ups

- Overhand Grip
- Underhand Grip
- Assisted
- Supine

Back Extensions

- Floor
- Machine
- Ball

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com

Legs (A1 size - laminated)
Code: GYM 006L

LEGS

WHY TRAIN YOUR LEGS?

Training your legs will improve your posture, flexibility and balance. This central part of your body is the foundation for all movement. It is also the source of power for all movement. It is the source of power for all movement.

WHAT'S YOUR GOAL?

- Tone and Burn Fat
- Increase Muscle Size
- Increase Strength

Longers

- Front Squat
- Back Squat
- Power Squat

Squats

- Barbell
- Dumbbells
- Strength Leg

Dead Lifts

- Calf Raises
- Leg Curls
- Leg Extensions
- Leg Press

Machine Exercises

MAXIMISE YOUR WORKOUT!

Demo Videos
PosterFit.com

Set of 6 Exercise Posters (A1 size - laminated)
Code: GYM S2L

E-mail cmn@live.com.sg for enquiries

Visit <http://cmnsg.weebly.com/> for more information

Posters – Conditioning

UPPER BODY STRETCHING

WHY STRETCH?

Stretching should play an important role in any training program. It can help:

- Prevent muscle strains and sprains.
- Improve your posture and prevent back pain.
- Reduce the risk of injury.
- Improve your performance.

GETTING STARTED

- When do you stretch? It is best to stretch before and after your workout.
- How long should you stretch? 15-20 seconds. Do not stretch to the point of pain.
- How often should you stretch? 2-3 times a week.
- How should you stretch? Use proper technique. Do not bounce.

Dynamic Stretches

Dynamic stretching is a type of stretching that involves moving your body through a range of motion. It is best for warming up before a workout.

Static Stretches

Static stretching is a type of stretching that involves holding a stretch for a period of time. It is best for cooling down after a workout.

Neck

Arms, Chest and Shoulders

Back and Torso

TIPS AND ADVICE

Stretching should be done regularly. It is best to stretch before and after your workout. Use proper technique. Do not bounce. Stretch to the point of tension, not pain.

Demo Videos

PosterFit.com
Your ultimate training partner

Upper Body (A1 size - laminated)
Code: GYM 007L

LOWER BODY STRETCHING

WHY STRETCH?

Stretching should play an important role in any training program. It can help:

- Prevent muscle strains and sprains.
- Improve your posture and prevent back pain.
- Reduce the risk of injury.
- Improve your performance.

GETTING STARTED

- When do you stretch? It is best to stretch before and after your workout.
- How long should you stretch? 15-20 seconds. Do not stretch to the point of pain.
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Dynamic Stretches

Dynamic stretching is a type of stretching that involves moving your body through a range of motion. It is best for warming up before a workout.

Static Stretches

Static stretching is a type of stretching that involves holding a stretch for a period of time. It is best for cooling down after a workout.

Hip Abductors and Adductors

Hamstrings, Quadriceps and Calves

TIPS AND ADVICE

Stretching should be done regularly. It is best to stretch before and after your workout. Use proper technique. Do not bounce. Stretch to the point of tension, not pain.

Demo Videos

PosterFit.com
Your ultimate training partner

Lower Body (A1 size - laminated)
Code: GYM 008L

WARM UP & COOL DOWN

WHY WARM UP & COOL DOWN?

Warm up and cool down are essential parts of any training program. They can help:

- Prevent injury.
- Improve performance.
- Reduce the risk of injury.
- Improve your posture and prevent back pain.

Warm Up

As you prepare for a workout, your heart rate and body temperature should gradually increase. This helps your muscles and joints get ready for the workout.

Dynamic Stretching

Dynamic stretching helps improve the range of motion of your joints, maintain body temperature, and can be made activity specific.

Static Stretching

Static stretching helps improve the range of motion of your muscles.

Training

Ensure your warm-up is specific to the planned training session.

Sport

For example, if you are training for a specific sport, your warm-up should be specific to that sport.

Cool Down

As with a warm-up, make the cool down specific to the activities performed.

Light Cardio Exercise

Static Stretching

Rehydration

Drink water throughout your workout. Rehydrate after your workout.

TIPS AND ADVICE

Warm up and cool down are essential parts of any training program. They can help prevent injury, improve performance, and reduce the risk of injury. Use proper technique. Do not bounce. Stretch to the point of tension, not pain.

Demo Videos

PosterFit.com
Your ultimate training partner

Warm Up & Cool Down (A1 size - laminated)
Code: GYM 009L

TRAINING ZONES & THRESHOLDS

UNDERSTANDING TRAINING ZONES & THRESHOLDS

Understanding training zones and thresholds will help you:

- Improve your performance.
- Reduce the risk of injury.
- Improve your posture and prevent back pain.

WHY TRAIN?

Training and generally being active has a wealth of benefits and improves your fitness level and ability to perform daily tasks.

- Reduces and prevents chronic disease.
- Increases life expectancy.
- Increases muscle and bone strength.
- Reduces stress and anxiety.

Monitoring Heart Rate

Maximum heart rate does not vary greatly with fitness and is estimated as 220 minus your age.

Maximum = 220 - Your age

Factors such as genetics, stress, and time of day can affect heart rate.

The most accurate way to measure your heart rate is to use a heart rate monitor.

Alternatively, you can measure it manually by finding your own pulse in your wrist or neck.

Count the number of times your pulse beats in a minute.

Training Zones

Zone	Name	Intensity	% of Max Heart Rate	Examples	Why train in this zone?
5	Red Line	Very High	90-100%	High intensity sprints of a short duration such as sprinting and interval training that require all out effort	To promote strength, speed and power and train your fast-twitch fibres
4	Anaerobic	High	80-90%	Interval training, circuit and HIIT	To improve your ability to store and use energy and to improve your body's ability to deal with lactic acid
3	Aerobic	Medium	70-80%	Steady state running, cycling and swimming	To improve cardiovascular fitness and burn calories efficiently
2	Energy Efficient/Recovery	Light	60-70%	Steady state walking and jogging	To begin an exercise programme for the first time or to warm up for more intense exercise
1	Healthy Heart	Very Light	50-60%	Long gentle walks	

TIPS AND ADVICE

When you get into a steady state of exercise, your heart rate will stabilize. This is a good sign that you are in a training zone.

Use a heart rate monitor to track your heart rate during your workout.

PosterFit.com
Your ultimate training partner

Train Zones & Thresholds (A1 size - laminated)
Code: GYM 010L

E-mail cmn@live.com.sg for enquiries

Visit <http://cmnsg.weebly.com/> for more information

Posters – Conditioning

UNDERSTANDING NUTRITION

WHY UNDERSTAND NUTRITION?

The energy and nutrients needed to fuel your body to survive are obtained through the foods you eat. A balance of carbohydrates, proteins, fat, fibre, vitamins and minerals is vital to maintaining a healthy weight.

Fats

Not all fats are bad for you. Eating the right mix of fats can help lower cholesterol, fight fatigue and improve mood.

Good Fats	Bad Fats
<ul style="list-style-type: none"> Monounsaturated fats can help lower blood pressure and cholesterol and improve heart and brain health. Omega-3 polyunsaturated fats found in oily fish, nuts, oils and seeds, is essential to protect and promote brain health. 	<ul style="list-style-type: none"> Saturated and trans fats increase cholesterol and the risk of heart disease, diabetes, cancer, arthritis and obesity. Eating too many trans fats in fast food, especially when they're high in calories, can lead to a host of health problems.

Simple Swaps

Butter/margarine	Olive oil
White rice	Wholemeal rice
Processed meat	Unprocessed meat
Cheese spread	Tomato sauce
Crisps and chocolate	Nuts and seeds
Fried fish	Baked/steamed fish

Carbohydrates

Carbohydrates are your body's main source of energy. They are found in a variety of foods.

Complex Carbohydrates	Simple Carbohydrates
<ul style="list-style-type: none"> Complex carbs help control blood sugar, decrease cholesterol and increase fibre intake. These are not types. Starch is digested and then used as a source of glucose (sugars) to produce energy, brain, muscle and movement. Starch is vital to the health of the digestive system. Sources include cereals, oats, bread, rice and vegetables. 	<ul style="list-style-type: none"> Simple carbs digest quickly and cause spikes in blood sugar levels and energy. They can lead to increased weight gain and fatigue. Many foods contain natural sugars (fructose, glucose) but are not as bad as they are often thought to be. Honey, fruit and other natural sugars. It is the refined and processed foods such as white bread, rice and pasta, sugary drinks, cereals and cakes that can cause weight gain and health problems.

Simple Swaps

White bread	Wholegrain bread
Sugary drinks	Water
White rice and pasta	Wholegrain cereals
Chocolate	Nuts, oils and seeds
Fruit juices	Fruit
Sugary cereals	Wholegrain cereals

Proteins

Proteins are essential nutrients that are used by the body for growth and maintenance.

Animal-based Protein	Plant-based Protein
<ul style="list-style-type: none"> White meat - chicken and turkey Fish - salmon, trout, cod, mackerel, sardines Red meat - beef, pork, lamb Eggs and dairy - milk, cheese, yoghurt 	<ul style="list-style-type: none"> Beans - soy, black, kidney, etc. Nuts and seeds - almonds, walnuts, brazil, pistachios Whole grains - wheat, barley, oat, quinoa, rye

Simple Swaps

Fatty red meat	Lean red meat
Red meat	Fish or white meat
Traditional yoghurt	Greek yoghurt
Processed meat	Unprocessed meat
Salt/brined meats	Natural meats

Vitamins and Minerals

Vitamins and minerals are essential nutrients that keep the body healthy.

A balanced diet, incorporating a mix of proteins, carbohydrates and fats, provides the vitamins and minerals needed to fuel your body. A lack of, or an excessive amount of, essential vitamins and minerals can cause an abundance of health problems.

INTERESTING FACTS!

Additional Advice: PosterFit.com

Understanding Nutrition (A1 size - laminated)
Code: GYM 011L

NUTRITION FOR TRAINING

WHAT IS YOUR AIM?

Whatever your aim, always consume a variety of foods and try to eat natural, unprocessed foods. Although fat loss and muscle gain are commonly at opposite ends of the spectrum, the advice for both goals is very similar.

Why is Nutrition Important for Training?

- Improves body composition
- Reduces the risk of injury
- Provides more energy
- Decreases recovery time
- Improves performance

Nutrition - Do's and Don'ts

Do	Don't	Why?
<ul style="list-style-type: none"> Eat a balanced, healthy breakfast Eat 5-6 quality small meals per day Drink water and sugar-free drinks Eat wholegrain foods Grill foods Eat natural foods Eat white meat and fish 	<ul style="list-style-type: none"> Skip breakfast Eat 2-3 large meals per day Drink sugar-rich drinks Eat refined foods Fry foods Eat processed foods Eat fatty red meat 	<ul style="list-style-type: none"> A balanced and healthy breakfast can kick start your metabolism, resulting in more calories burnt all day. Eating smaller meals more often provides a constant flow of energy and reduces the likelihood of fat storage. Water gives you energy, helps boost your metabolism and is vital for all bodily functions. Alternatively, sports drinks often have no nutritional benefits and cause spikes in blood sugar levels. Too much sugar can also lead to diabetes, heart disease and weight gain. Foods made from white flour contain very little nutrients and dietary fibre, which is essential for a healthy digestive system and a stable metabolism. When foods are fried, they absorb a lot of fat. Grill foods have a reduced fat content because the fat drips off as the food cooks. Studies show that eating processed meats such as sausages and deli meats can increase your risk of heart disease and diabetes. Despite being protein-rich, red meat can be high in saturated fats. White meat and fish are leaner and oily fish such as salmon is a good source of Omega-3. If you eat red meat, choose leaner cuts that are lower in saturated fat.

Fat Loss and Toning

Less Calories

Start by tracking. Eating healthy meals such as fruit, nuts and vegetables, protein, complex carbs, provides constant energy and increases metabolism efficiency. Foods high in fibre and protein will help you feel fuller for longer. Protein can also help speed up your metabolism.

Get more sleep! You are more likely to stick to your diet when you are feeling good.

And spices and herbs in your meals to add flavour and nutrients.

Be careful! Many fat free foods are high in calories and sugar, which can result in weight gain.

Build Muscle

More Calories

To build muscle, you need to consume more calories than you're burning. Focus on protein, complex carbs and healthy fats. It's not just about eating more.

Get a good serving of carbohydrates and protein in every meal, especially before training.

Before training, to compare your body fat for several after training, to explore your energy and repair and build muscle before bed, to help repair muscle tissue while you sleep.

Consuming protein will speed up your metabolic rate and your body will burn more calories at rest. It's important to increase the amount of calories you consume.

You are more likely to succeed if you have a plan, so try to arrange your meals and training schedule in advance.

Nutrition - Before, During and After Exercise

Before	During	After
<ul style="list-style-type: none"> Get a good serving of carbohydrates and protein in every meal, especially before training. Before training, to compare your body fat for several after training, to explore your energy and repair and build muscle before bed, to help repair muscle tissue while you sleep. 	<ul style="list-style-type: none"> Consume carbohydrates, complex carbs, protein and healthy fats. Consume protein to speed up your metabolic rate and your body will burn more calories at rest. It's important to increase the amount of calories you consume. 	<ul style="list-style-type: none"> Consume protein to speed up your metabolic rate and your body will burn more calories at rest. It's important to increase the amount of calories you consume.

TIPS AND ADVICE

Additional Advice: PosterFit.com

Nutrition for Training (A1 size - laminated)
Code: GYM 012L

UPPER BODY STRETCHING

WHY STRETCH?

Dynamic Stretches

Static Stretches

Neck

Arms, Chest and Shoulders

Back and Thighs

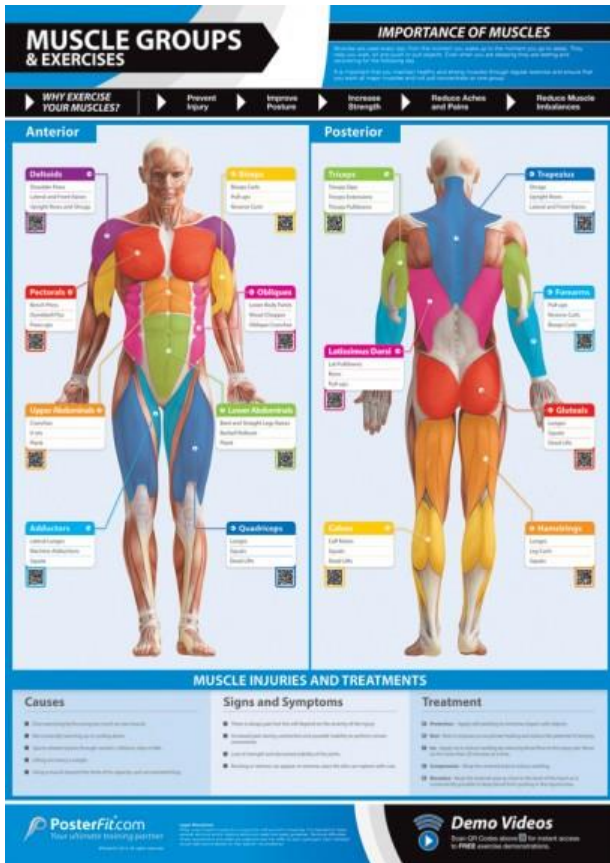
TIPS AND ADVICE

PosterFit.com

Set of 6 Conditioning Posters (A1 size - laminated)
Code: GYM S1L

E-mail cmn@live.com.sg for enquiries

Visit <http://cmnsg.weebly.com/> for more information



Muscle Groups & Exercises (A1 size - laminated)
Code: GYM 013L



QR Information Poster (A3 size - laminated)
Free with each Set of 13 Health & Fitness Posters



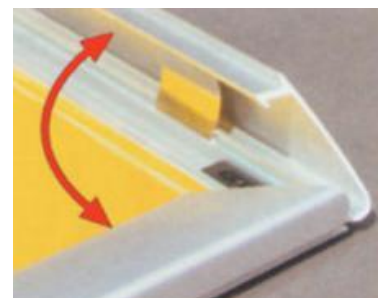
Set of 13 Health & Fitness Posters (A1 size - laminated)
Code: GYM S13L

E-mail cmn@live.com.sg for enquiries

Visit <http://cmnsg.weebly.com/> for more information

Snap Frames

Snapframes are designed for quick and hassle free changeover of posters. They are sold fully assembled and ready to use, with clear PVC cover sheet to protect your poster. The frames are light enough to wall-mount with 4 screws.



All four sides of the Snap Frames can be easily snapped open. Just lift up four sides of frame by hand, insert your poster, place protective sheet on top and then snap frames to close without tools, as easy as 1-2-3!

Features & Benefits of Snap Frame

- Simple - access on all sides of the frame, simply flip open and change posters!
- Good visibility - clear and non-reflective PVC cover
- Durable - made of lightweight yet strong aluminium
- Instant - requires no assembly and arrives ready to use.
- Quick - Change poster from the front, no tools required!
- Eye catching - attracts attention of customers walking past
- Stable - Easy and quick wall mount with use of screws or poster hooks

E-mail cmn@live.com.sg for enquiries

Visit <http://cmnsg.weebly.com/> for more information

Stand out from the crowd



with our colourful charts

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Description	Code	Unit Price (S\$)	Qty	Total Price
Health& Exercise				
Exercise (All laminated)				
Shoulders	GYM001L	65.00		
Back	GYM002L	65.00		
Chest	GYM003L	65.00		
Arms	GYM004L	65.00		
Core	GYM005L	65.00		
Legs	GYM006L	65.00		
Set of 6 Exercise Posters	GYM-S2L	380.00		
Conditioning (All laminated)				
Upper Body Stretching	GYM007L	65.00		
Lower Body Stretching	GYM008L	65.00		
Warm up & Cool Down	GYM009L	65.00		
Training Zones and Thresholds	GYM010L	65.00		
Understanding Nutrition	GYM011L	65.00		
Nutrition for Training	GYM012L	65.00		
Set of 6 Conditioning Posters	GYM-S1L	380.00		
Muscle Groups and Exercises (laminated)	GYM013L	65.00		
Set of 13 Health and Fitness Posters (Free A3 QR Information laminated Poster)	GYM-S13L	810.00		
Snap Frame (A1 size, silver matt)	SF1	85.00		
Frame Mounting Service (min 5 pcs)	-	10.00		
Delivery(for orders < \$150)		15.00		
Grand Total				

Please fax completed form to 6519 9196. An e-mail will be sent to confirm stock availability. Please allow 3-8 weeks for delivery.

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Signature & Organisation Stamp Address: