



Prices do not include Postage & Packaging

| Category | CHEK Institute Item Code | Item Description | Chekshop £ |
|--------------------------------|---|---|----------------|
| Correspondence Course | | | |
| | PREREQ-EC-D | C.H.E.K Exercise Coach Prereq. Package | £525.00 |
| | 5101D | Program Design | £145.00 |
| | 6101D | Scientific Back Training | £190.00 |
| | 7201D | Scientific Core Conditioning | £240.00 |
| | PREREQ-1-2009 | C.H.E.K Practitioner Level 1 Prereq. Package | £450.00 |
| | 2301D | Equal, But Not the Same | £190.00 |
| | 5301D | Advanced Program Design | £260.00 |
| | 3401D | Flatten Your Abs Forever | £32.00 |
| | PREREQ-2-2009 | C.H.E.K Practitioner Level 2 Prereq. Package | £340.00 |
| | 8106D | Dynamic Medicine Ball Training | £140.00 |
| | 9103D | Swiss Ball Training | £100.00 |
| | 9105D | Advanced Swiss Ball Training | £125.00 |
| | Other Correspondance Courses | | |
| | 2400D | Primal Pattern® Movements | £80.00 |
| Golf | | | |
| | 3102DM | Golf Biomechanic Manual and DVD Package | £62.00 |
| | 3102D | A Scientific Approach to Golf Conditioning DVD | £32.00 |
| | 3102 | Golf Biomechanic Manual | £35.00 |
| | 3102BC | Golf box & card set | £60.00 |
| | 3102C | Golf Fitness Cards | £55.00 |
| | 3102B | Golf Blue Box | £10.00 |
| Gym Instructor | | | |
| | 9200D | Gym Instructor Series | £99.00 |
| | 9201D | Gym Instructor Vol. 1 Part 1 | £32.00 |
| | 9202D | Gym Instructor Vol. 1 Part 2 | £25.00 |
| | 9203D | Gym Instructor Vol. 2 | £32.00 |
| | 9204D | Gym Instructor Vol. 3 | £32.00 |
| CHEK DVD's | | | |
| | (blank) | How to Eat, Move and Be Healthy! DVD | £40.00 |
| | 3401D | Flatten Your Abs Forever | £32.00 |
| | 9500D | Nutrition: The DIRT Facts! | £35.00 |
| | 9501D | Neurodevelopmental Approaches to Spinal Pathologies | £35.00 |
| | 9502D | High Performance - A Holistic Approach | £25.00 |
| | 9600D | Gravity Personal Training: Essentials of Program Design | £50.00 |
| | TBD | Tornado Ball Exercises | £20.00 |
| | 8105D | Paul Chek's Medicine Ball Workout | £25.00 |
| | 9101D | Swiss Ball Exercises for Better Abs, Buns & Back | £25.00 |
| | 9301D | Strong & Stable | £70.00 |
| | 9601D | Gravity Personal Training: High Performance Training | £50.00 |
| Audiobooks | | | |
| | AUDIO-YAWYE-CD | You Are What You Eat | £65.00 |
| | LWPC | All 8 titles Live with Paul Chek | £175.00 |
| | AUDIO-BBBB | Better Butt, Better back | £25.00 |
| | AUDIO-BSBL | Back Strong and Beltless | £25.00 |
| | AUDIO-CCCP | Controversy and Current Concepts of Pulling Exercise | £25.00 |
| | AUDIO-FEIO | Functional Exercise From The Inside Out | £25.00 |
| | AUDIO-FS | Functional Stability | £25.00 |
| | AUDIO-SBT | Scientific Balance Training | £25.00 |
| | AUDIO-SRT | Scientific Rotation Training | £25.00 |
| | AUDIO-SQUAT | Squatology | £25.00 |
| Other CHEK Publications | | | |
| | 3500 | How to Eat, Move and Be Healthy | £20.00 |
| | MTM | Movement that Matters | £15.00 |
| | #ORGANICBOOK | Lifting the Veil of Deception | £12.00 |
| | PC-100 | Posture and craniofacial pain | £12.00 |
| | CHEK MARKSET | Chek Marks Package, Vol. 1&2 | £25.00 |
| | CHEKMARKS | Chek Marks Package, Vol. 1 | £15.00 |
| | CHEKMARKS2 | Chek Marks Package, Vol. 2 | £15.00 |
| | TIP-200 | 10 Tips for Healthy Ergonomics | £3.50 |
| | TIP-100 | 10 Tips for a Healthy Back | £3.50 |
| Non-CHEK Publications | | | |
| | FUNGUSLINK | The Fungus Link | £30.00 |
| | FUNGUSLINK2 | The Fungus Link Vol.2 | £30.00 |
| | COL-HEALTH | Achieve Maximum Health | £23.00 |
| | HORMONES | Your Guide to Healthy Hormones | £15.00 |
| | TBC | Can a Vagina really buy a Mercedes? | £6.50 |
| Equipment | | | |
| | 4103G | Single Inclinometer | £45.00 |
| | TBC | Stabilizer Biofeedback Device | £84.00 |
| | TBC | Goniometer | £18.00 |
| | TBC | 4 inch Foam Roller | £12.00 |
| | 4203 | Neurological Hammer | £8.00 |
| | 4202 | Pinwheel | £12.50 |
| | 4101 | CHEK Caliper | £320.00 |
| | 4102 | CHEK Inclinometer | £225.00 |
| | TB3 | Tornado Ball | £125.00 |
| | TWB | Twister Ball | £80.00 |
| | 3202 | Slide Guides - pair | £35.00 |
| | Paul Chek Preferred Branded TOGU Range ***NEW*** | | |
| | 400600 | Aero-Step XL Functional from TOGU | £99.00 |
| | 400634 | Dynair Ballkissen XXL Level III – preferred by Paul Chek blue | £80.00 |
| | 403470 | Powerball Premium ABS-45 cm | £30.00 |
| | 403570 | Powerball Premium ABS-55 cm | £36.00 |
| | 403670 | Powerball Premium ABS- 65 cm | £39.00 |
| | 406770 | Powerball Premium ABS -75 cm | £42.00 |
| | 407770 | Powerball Challenge ABS -55 to 65 cm | £65.00 |
| | 407780 | Powerball Extreme ABS - 55 to 70 cm | £180.00 |
| | 966700 | Powerball Pump | £5.00 |
| Sharing Courses | | | |
| | 5101M | Program Design Manual | £72.50 |
| | 6101M | Scientific Back Training Manual | £95.00 |
| | 7201M | Scientific Core Conditioning | £120.00 |
| | 2301M | Equal, But Not the Same Manual | £95.00 |
| | 5301M | Advanced Program Design Manual | £130.00 |
| | 8106M | Dynamic Medicine Ball Training Manual | £70.00 |
| | 9103M | Swiss Ball Training Manual | £50.00 |
| | 9105M | Advanced Swiss Ball Training for Rehabilitation Manual | £62.50 |
| | 2400M | Primal Pattern Movements Manual | £40.00 |
| Package | | | |
| | EMBH/YAWYE- PKG | The Healthy Living Package | £79.00 |
| Nutrition | | | |
| | TBC | Coconoil-Certified Organic Coconut oil 460g | £11.00 |
| | TBC | Fish Oil Liquid 210ML | £21.00 |

All Prices subject to postage & Packaging