

SMAI - TECHNIQUE GUIDE

Thank you for your interest in the SMAI Technique Toolbox.
If you would like to leave your fitness footprint please follow the simple steps below.



- 1. Name:**
- 2. Centre Name:**
- 3. Intro:** (A small paragraph of your fitness background – and achievements)
- 4. SMAI Product you are using:** (only smai products can be used)
- 5. Name of the exercise:** (title your technique / routine etc)
- 6. Tips:** (include up to 500 words of any workout tips – related to the product online)
- 7. Photos: sizes:** 500px x 500px 72dpi (a maximum of 6)
- 8. Video:** Do not email the video - just email the URL link from YouTube. Please note: in order to display video of www.smai.com.au we do require you to already have your footage uploaded onto your tube.

All content needs to be relevant to SMAI and your business. Misleading or damaging information will not be published. Please make sure all content has the correct spelling.

Please email the information and images to kate@sports-master.com re: **FITNESS FOOTPRINT**

****Please note SMAI will only show case the best of the best.
Not all submissions will be accepted.****

