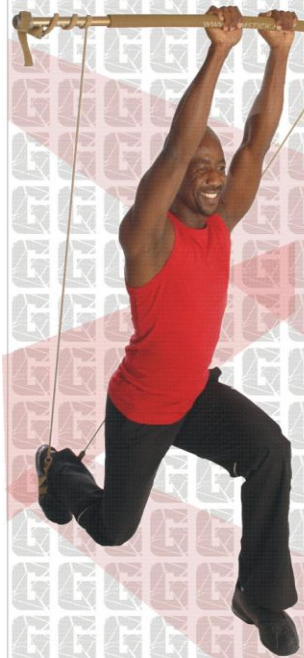


Simply Effective



- IMPROVES CORE STRENGTH & POSTURE
- MUSCLE STRENGTH & FLEXIBILITY
- BALANCE & COORDINATION
- INCREASES CARDIOVASCULAR FITNESS

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GYMSTICK

As a local consultant for Gymstick, Mandla has used on-line media to market this product – through the self-designed Gymstick website, through which he also manages the weekly content and updates registered users on health and fitness issues.

Added to the above, Mandla posts future events and updates on Facebook as well – where he has a followership of more than 60 Fitness / Health fanatics.

Invitations & Appearances

1. Mandla was invited to the Look and Feel Good Expo 2009 - a wellness sexpo where he promoted Gymstick as well as demonstrated the uses of Gymstick to over 2000 attendees which consisted of members of the public, health and fitness enthusiasts for the three-day period.
2. June 2010 Mandla was invited to Mangosuthu University of Technology with the attendance of more than 100 fitness fanatics to present the Gymstick. This session was open to both members of the public, students, and fitness enthusiasts.
3. September 2010 was invited to the IDC Wellness Day. IDC Employees were excited to be introduced to this exciting versatile, total body fitness tool. He's currently facilitating Gymstick classes at the IDC Gym.

AS A FATHER

And life mentor to his daughter, Mandla takes advantage of every moment shared with his daughter, and takes time out of his busy schedule to do just that.

"Being a father is a welcome challenge to me and I can never ask for anything more rewarding than to always put a smile on my daughter's face, whatever the cost." Mandla.

Over the five-years, Mandla has managed to juggle his professional career as a Systems Support Engineer at SAMRO as well as being a Group Fitness Instructor at a host of Gyms including SABC Auckland Park Gym, FNB Bank City Gym and Virgin Active Health clubs.

While growing up, he gained interest in fitness training and healthy lifestyle habits – he started training at the INSTITUTE OF FITNESS PROFESSIONALS where he also gained more knowledge about Personal Fitness and went on to enroll for Exercise Science at the Institute of Fitness Professionals in 2006.



GYMSTICK BOOTCAMPS

The most current popular activity that Mandla has been involved with to further promote Gymstick and fitness wellbeing is the bi-monthly Boot-camp sessions, where fitness patrons who attend Amos's sessions at the various gyms as well as other fitness fanatics are invited to attend the two hour session, which normally takes place on a Saturday.

These sessions are normally attended by groups of 20 to 100 people. The sessions cover fitness, muscle toning, core strength training, muscle endurance, muscle strength, flexibility, balance and cardiovascular fitness.

Mandla currently specializes as a fitness consultant for an internationally renowned Gymstick product which he promotes, sells and also gives fitness classes, expos and boot-camps to canvass and demonstrate the effectiveness of

- **Gymstick Cardio**
- **Gymstick Muscle**
- **Gymstick Sports Specific Training**
- **Gymstick Aqua**
- **Gymstick BOSU**
- **Gymstick Swissball**
- **Gymstick Pilates**

Amos Mandla Nhleko

Born in Winterveld, Mandla started his schooling at Mgibe Primary School in Mpumalanga, moved to Vlakfontein High School in Pretoria and later studied at IBN COMPUTER SCHOOL where he started his IT studies and finalized his studies through INTEC COLLEGE for his N+ qualification.

Mandla's interests have grown and over the past two years he has been involved with community upliftment projects – currently he serves as a Vice Chairperson for God's Children Project, a Johannesburg based NPO that is responsible for social development.

The project services poor communities in townships and informal settlement areas to fight HIV/AIDS, and poverty while providing skills to your young people through the designed Skills Development Programme.