

Please print and complete this page and  
fax back to +44 (0)1483 894148 or post to the address below

# ORDER FORM

The Ultimate  
**RUGBY**  
**WARM-UPS**  
**MANUAL**

## SPECIAL RATES

Please tick subscription option required:

- PDF version – save £4                      **£27**
- A4 Spiral bound printed copy            **£33 (+£3 P&P)**
- Best Value!** Order both (A4 PDF and  
A4 printed book) – save £21            **£39 (+£3 P&P)**



Title \_\_\_\_\_ Name \_\_\_\_\_ Surname \_\_\_\_\_  
Position \_\_\_\_\_  
Club Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_ Postcode \_\_\_\_\_  
Telephone \_\_\_\_\_ Fax \_\_\_\_\_

An email address is **required** for delivery of the PDF version.

Email \_\_\_\_\_

Coaches who have ordered **The Ultimate Rugby Warm-Ups Manual** have also purchased **50 Great Backs Moves** special report.

To add **50 Great Backs Moves** to your order, saving a further £10, please select your preferred choice below.

- PDF only £27       Hard copy £33 (+£3 P&P)       Both £39 (+£3 P&P)

## Payment method

**I enclose a cheque** (please make payable to Green Star Media Ltd)

**Credit card**

Visa    Mastercard    Amex    Maestro    Solo    Electron

Card number     -     -     -

Expiry date   -   Security (CVN) No    (last 3 digits on signature strip on reverse of card)

Issue number (Maestro)     Start date (Maestro)   -

Signature \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Please print name \_\_\_\_\_