



Program Guidelines

Adhering to each guideline will give you discipline and results for life.

- All twice a week sessions are held on Monday & Thursday OR Tuesday and Friday; your time slot is the same on each day.
- You have a set time to begin and end. All workouts must be completed within a 30 minute period. For example, if you are 15 minutes late, you will have only 15 minutes left for your workout. This is the part that takes discipline.
- Give 100% effort on every workout, every machine, every repetition. You will receive 100% encouragement, motivation, and inspiration from us.
- The staff will not assist you with the repetitions. Our goal is to take you to momentary muscular failure, not the instructor. We have learned through experience that when instructor helps the member lifts less (and gets less results).
- You will be weighed randomly so stick with the diet at all times (even on the weekends)!
- There are no makeup workouts. If you miss a session, you miss a session.
- Please follow preparation guidelines for before and after measurements to get the best data. These are provided for you in your Discovery Session packet.

This program requires a tremendous amount of dedication and focus with no excuses. Stick with it if you want to change your life, for life.