

GETTING STARTED

This form is provided to give you an idea of how the average client will progress through his or her first 10 sessions. However, each client will be monitored closely and advanced through their program on an individual basis.

No Physical Activity Sessions

▶ **Initial Consultation:**

- 1) Training program introduction
- 2) Inspect home equipment (when applicable)
- 3) Discuss fitness goals
- 4) Develop fitness training schedule/plan
- 5) General nutrition evaluation (Referral to Registered Dietician if necessary)
- 6) Begin tracking your diet (if necessary)

▶ **Session I:**

- 1) Fitness assessment – included as part of first session (~15 minutes)
- 2) Cardiovascular training education & heart rate monitor instruction

Low Intensity Sessions

- ▶ **Session II:** Full body stretching program instruction & Basic abdominal training (time permitting)
- ▶ **Session III:** Basic lower body strengthening & Basic abdominal training (review)
- ▶ **Session IV:** Basic upper body strengthening & Basic abdominal training (review)
- ▶ **Session V:** Basic lower body strengthening (review) & Abdominal training
- ▶ **Session VI:** Basic upper body strengthening (review) & Abdominal training

Moderate Intensity Sessions: (Includes manual stretching from your trainer after your workout)

- ▶ **Session VII:** Combine basic upper & lower body strengthening & Abdominal training
- ▶ **Session VIII:** Combine basic upper & lower body strengthening (review) & Abdominal training

Full Intensity Sessions: (Includes manual stretching from your trainer after your workout)

- ▶ **Session IX:** Upper & lower body strengthening & Abdominal training
- ▶ **Session X:** Upper & lower body strengthening & Abdominal training

NOW LET'S WORK HARD & HAVE SOME FUN!