

FITNESS CLOSES

“I’m concerned about how I’ll handle the workouts”

Before every session, we ask that you let our trainers know of any pains or issues you are having so they can give you modifications for your session. They will also recommend some stretches for you to do to hopefully improve the issue. These injuries should be one of the main reasons you sign up for a facility with a trainer, because you want to be with a professional when you're learning something new, especially if you have an injury. We've found that a lot of these nagging injuries come from strength imbalances or lack of strength in the musculature around the joint, which puts more stress on it. So when we strengthen the muscle, many times the joint stabilizes and the pain goes away

“What if I get hurt?”

It is very unlikely that you will get hurt. And the probability is much lower than if you were to work out unsupervised on your own. That being said, if you were to somehow get injured, we would work around it, so you wouldn't skip a beat.

“What if I don't like the workouts?”

Well, I can tell you it is not going to be Zumba or running on the beach with the wind in your hair, but it is going to be EXACTLY what your body needs in order to look the way you want it to look. And I can tell you that people like the workouts. Otherwise, we wouldn't have a business, because no one would come back. So I wouldn't worry too much about it.

“What if I get bored?”

We vary the workouts constantly. And typically, boredom comes from lack of progression. If you are getting better, faster, and stronger every time you come to the gym, do you think that would bore you or motivate you? Most people get bored because they just don't know how to progress. Progress is how workouts get addictive, and that's what this is all about.

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“Can I try a workout first?”

We actually don't let people who come in for the program you are signing up for do workouts first. The main reason is, it doesn't matter. You're going to do some cardio to burn calories, and you're going to do some resistance training to tone your muscles and rebuild your metabolism. But at the end of the day, you already know that's what you gotta do. It's not gonna be Zumba. You're gonna sweat. You're gonna get sore. But you're also gonna get what you walked in here for—the number on the scale we talked about and your dream body.

“What if I get too sore?”

We actually have protocols to deal with this exact situation. So when you come in for your nutrition orientation, we will talk about this in depth. If anything, it's one of the reasons people do this program over others. Note: This also works for the “I don't want to get bulky” argument.