

# ADULTS RESULTS GUIDE

Achieving your fitness goals is more than just showing up to the gym, although that's certainly an important part. We've mapped out your path for success as you seek to optimize your life. Our coaches are here to help and you'll be surrounded by a like-minded group of people supporting you along the way! Let's get started!

01

## INITIAL ASSESSMENT (FIRST WEEK)

Within the first week of getting started we want to make sure you have a way to start tracking your progress. Make sure you have access to TeamBuildr where you can see the workouts and keep track of your improvements weekly. Additionally, we want you to have an InBody Scan which is a non-invasive test that shows percentage body fat, muscle mass and your basal metabolic rate.

02

## JUST SHOW UP

With anything, consistency is key! Carving out time 3-5 times per week is essential to optimizing results. Make sure you move your body even when you're out of town. Having the workouts on your phone through TeamBuildr makes it easy to stay on track.

03

## TRACK EVERY WORKOUT IN TEAM BUILDR

Measuring your progress is also a key factor when it comes to achieving your health and fitness goals. "If you can't measure it, you can't improve it."

04

## PARTICIPATE IN QUARTERLY TESTING

Every quarter we give you opportunity to test your progress. This is an exciting day to see how far you've come. We also offer quarterly InBody Scans to measure how much lean muscle mass you've gained and how much body fat percentage you've lost. Show up and give it your best!

05

## NUTRITION

80% nutrition and 20% training is the old adage, right? If you are crushing it in the gym but aren't fueling your body properly, your results will be much slower. We have a nutrition coach on staff ready to equip you. In addition, proper supplementation can fill in the gaps.

06

## SLEEP, RECOVERY, STRESS MANAGEMENT

Aim for eight hours of sleep at least six to seven nights per week. Find a period each day to facilitate your parasympathetic nervous system. Rest one day after six continuous days of training.

07

## BE COACHABLE

Complete each exercise with intention. If you have pain, don't delay seeking expert help.

## COMMON PITFALLS & MYTHS

- Lifting weights will not get you bulky.
- Increasing your heart rate is NOT the main goal of your workout.
- Running and cardio is NOT the best way to lose weight.
- The calorie counter on your smartwatch is NOT accurate.
- You can't out train or out supplement a bad diet.
- Increasing reps will not tone you.
- Toning is not a thing.

