

Bernie's 5 Step Plan to Personal Success

We want to help you succeed!

Below is our 5 step plan to ensure you have every chance of reaching your desired goals as a new member

1

Your Health Consultation

- **An Introduction to your Trainer**
- **Medical Profile**
- **Fitness Assessment**
- **Goal Setting**
- **Design of Program**
- **Cardio equipment overview**

2 Program Commences

- **Your personal program fully demonstrated and discussed**
- **Explanation and demonstration of resistance equipment**
- **Understanding the Gym**
- **Techniques**



3 Review of Program

- **After the third week we will review your program with you and discuss or suggest any necessary changes**
- **Training techniques and methodology will be discussed to enable you to reach your goals**

4 Further Assessment

- **6-8 weeks after initial start up**
- **Look at goals and reset if necessary**
- **We will measure your achievements**
- **A new program may be developed by your trainer**
- **Review of training techniques will be undertaken by your trainer suggesting any changes**



5 Support into the Future

- **We will undertake reassessment of your progress at any time during your membership**
- **It is suggested that a reassessment be carried out every 6-8 weeks to enable your trainer to help you meet your goals**

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