

PERSONAL TRAINING - BRIEF

November 1st, 2022

Welcome to the Personal Training brief where we explain how we structure our workouts and some of the key terminology you may come across in your sessions.

Where can you train?

For 1-1 Personal Training with Coach Adam you are currently limited to two locations, **ENERGYM New Malden** where you'll need membership to be allowed into the facility. With all 1-1 clients, as a part of your Personal Training package you will receive a free TrueCoach account where I will upload weekly training sessions for you to complete in your free time with your ENERGYM membership so you can make the most of your access at the gym.

The second location is **GYM 1971 South Wimbledon**. If you are a current member at this CrossFit gym then our 1-1 Personal Training sessions will be booked via the gym from their website and their prices. If you are not a member then you can book PT sessions directly through me. hindexfitness@gmail.com

Options are available to organize Personal Training sessions from your home gym if you have one. These sessions must be local so please send an email through with more details if you are interested in this option.

You will become familiar with the below key terms while I coach you but I will leave them here incase you ever need a refresher of their meaning.

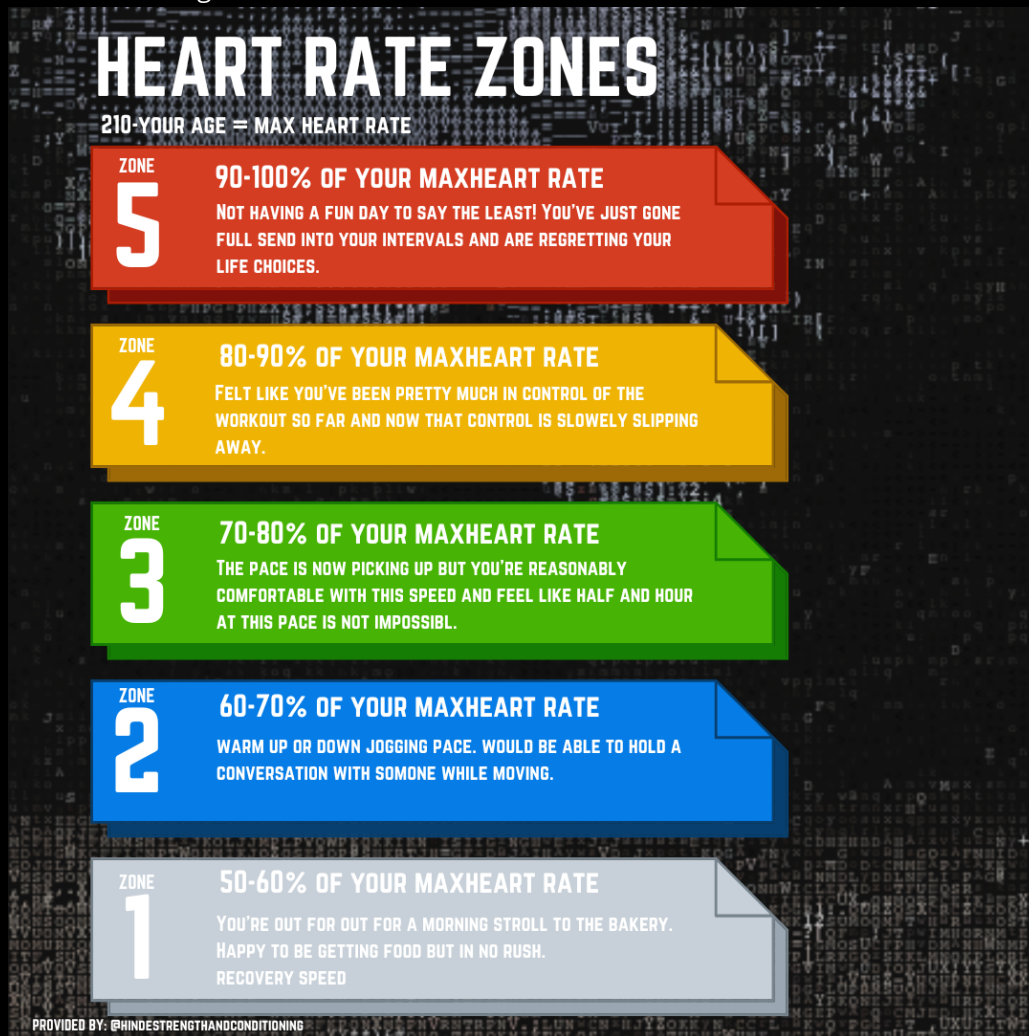
Key terms:

AMRAP – As Many Rounds As Possible, this will be a set time given where you must complete as many rounds of the workout within that time frame.

EMOM – Every Minute On the Minute, this will be a circuit type workout with a different exercise performed on different minutes of the workout, usually you will see a minute dedicated to REST only.

AHAFA – As Heavy As Form Allows, you'll likely see this on a workout where you are performing for QUALITY rather than FOR TIME/ SPEED. This simply means choose a weight that you can perform the prescribed reps without a breakdown in technique.

HR ZONES – Heart Rate Zone Training, this simply means you are required to keep your heart rate at a set percentage depending on the session. Below is an attached image of our HR Zone Guide –



What do we expect from you?

Our programming is carefully structured for you to improve health and fitness as best as possible but it goes without saying that we need you to put in 100%

effort on these programmes and individual training sessions to see full results. We don't care if your 100% effort is different to any other individual's 100%, so long as you finish every session knowing you couldn't have gone any harder then we are happy :)

We want to see you improve for the better and gain as much as possible from this training so we recommend using the built in feature on the app where you can upload your workout scores and weight lifted to help you and us keep track of your progress. You might see a little well done email or message through the True Coach app while on your programme.

Sincerely,

Coach Adam