

***Personal Training at G&T's  
This is what you get on the 7 -  
Stage 'For Life' programme :***

***See this as a checklist - not an absolute order of play..***

**The following 7 stage programme is adaptable and flexible as you might expect when dealing with individuals!**

**So please do not feel concerned if there is some variation from the description below. You may get extra literature if I feel you need it – or (rarely), less if you need a different tack. Clients come to me for all sorts of different reasons, in any manner of circumstances, and their programme would reflect this.**

**I am a Bio-Typing specialist and consequently you will have very specific advise according to your type (more later)!**

**1. First the Consultation;**

- Go through paperwork submitted – what client wants from programme

- Perform BCA (Body Composition Analysis) and All Static tests
- Periodisation discussion – briefly to understand chart to be filled in by client wk 1 (with me after)
- Fill in ‘Blue glossy’ as Homework – so give to do!(advise there is a more comprehensive one to come in ‘The Plan’ (life coaching techniques).
- Briefly look at programme design (working on client’s facilities), + over the week
- Briefly discuss HIIT and PRE (for now)
- Discuss wall chart and prioritisation of self
- Advise on Bio-Type (what type they are)
- Book in subsequent sessions ASAP – to get going with all these ideas

### **Send emails on**

Consultation package, comprising:  
 Their Bio-T **nutrition** (advise Personality to follow soon, do not wish to overload)  
 List all documents/activities to follow  
 Activity charts to fill in (if needs be)  
 HIIT/Tabata - benefits of  
 Perceived Rate of Exertion (PRE)  
 BCA results + ideal ranges/explanation

(inc Ideal Weight and by when)  
Index of the Weight & See Course

## **Session 2 – work out in Gym**

- Gym session with your PT – using HIIT and PRE (demo)preferably with equipment they have at home
- Discuss Transverse/Multifidus
- ‘Red ink’ Food Diary, discuss. Copy and return.
- Check all charts/forms submitted
- Check Glossy Blue written exercise done
- Start Free-Weights Block #1 – sets/reps
- GIVE stretching chart (not e-mail able)

## **E-mails**

Permission to fail not granted  
Getting your workouts done between our sessions

## **Session 3 – work out in Client circumstances**

- Do longer exercise session with client (over 3/4 hr usually). Stretch out
- Talk about progression methods

## **E-mail:**

**The Plan** - more Life Coaching ideas

Food diaries – what I'm looking for (summary)

What Bio-T personality is the client, for maximal adherence to Nutrition and exercise regime

## **Session 4**

- Developing the quickie session – a 30 mins super session for when pushed for time, use Tabata – give lots of ideas
- Free Weights - go over blocks #1 and start #2, Discussing reps/sets/progression
- Check if The Plan has been done (Life Coaching) from last week

## **E-mail**

7 day generic menu planner

Cat's quick menu planner (generic)

## **Session 5**

- Periodisation charts – set our goals to a time frame

- Go over block 2
- Add Block 3 – free-weights pairings

## **E-mail**

Feeding Control Mechanism (FCM) – how you will learn how to control what you eat by how active you become

## **Session 6**

- Freestyle Pilates/stretching session
- Discuss how to make a Circuits session for home (if client happy with this)

## **E-mail**

Circuits design

## **Session 7**

- Postural analysis chat and assessments based on observations thus far and stretching/weights sessions
- PNF stretching if necessary – depending on what is found here

- Adjusting Free-Weights programme depending on what is found here

## **E-mail**

From library – anything I feel is especially pertinent to this/these client/s

## **Subsequent sessions**

Having covered all the major parts of my *educative* programme now – there is still LOTS we can do on a practical, ongoing level.

Drawing from my working knowledge as a Running Coach, Aerobics Instructor, F/S Pilates, Boxercise (and more) – we can add and progress to the programme we have developed, OR stop until you feel you need a super session!

## ***FEES***

The fees for PT are currently £40/hr always in advance, so this 7 session programme costs:

£280.00 if e-mail able

£300.00 if printing all the literature is required.

I can run this programme for groups but as a lot of it is at individual level it is not just a matter of splitting by the amount in the group!

Please ask for details.

***Gym & Tonic***  
***Demand More!***

***01497 822995***