

# GETTING STARTED

## WHAT IS IT?

STRENGTH TRAIN TOGETHER maximizes your workout results within 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.

## WHAT WILL I DO?

Strength Train Together combines traditional strength exercises and the hottest functional training moves, utilizing a barbell, weight plates and your body weight to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout. Strength Train Together is developed with a periodized approach to ensure you are constantly changing your workout and challenging your body. Ten tracks are expertly programmed with specific workout objectives:

1. Warm-up – We grab the barbell with light weight and introduce many of the exercises you'll be doing over the next hour, warming the body and practicing the movements.
2. Legs – Working the big muscles first, we do squats and sometimes add in lunges to get the heart rate going and ignite a fire in the legs, creating great shape and definition.
3. Chest – We strengthen the chest with a variety of exercises, such as chest press, chest fly and push-ups. You'll often find new twists on these exercises to maximize your results!
4. Back & Legs – Full-body exercises like deadlifts, dead rows and the Power Clean & Press really fire up the back and the hamstrings and get the heart rate up! Plus, you'll learn innovative power movements, like dead squats, reverse flies and single-arm rows.
5. Triceps – Shape, build and define the back of the arms with triceps presses, extensions, pullovers and kickbacks. Beware of the triceps push ups - they'll push you over the top!
6. Biceps – The best high-rep weight training combined with new and unique biceps exercises. Experience the difference with variations on barbell curls using a wide grip or offset grip, bicep rows or even plate work.
7. More legs – This is functional integrated training at its best. Stimulate your legs with power lunges, crouches, lateral movements, balance challenges, offset loading and even plyometrics! You'll feel like a pro when you learn these moves!
8. Shoulders – A ton of exercises to give you great looking shoulders. Work the front, top and back of the shoulders with upright rows, overhead presses, lateral raises and rear delt extensions. Plus, groundbreaking, functional movements will make you feel like an athlete in training!
9. Core – Concentrate on your core with exercises that train the front, back and sides of your midsection. There's always a new way to shake up the routine and ensure your core is strong, solid and good-looking!
10. Stretch – You've earned it. Stretching out the muscles from head to toe helps improve overall range of motion and muscular recovery.

## IS IT FOR ME?

Strength Train Together is ideal for:

- New exercisers because of the simplicity of the workout.
- Men and women of all ages because you get to select how much weight you want to use.
- Anyone who wants a fun way to add strength training to their workout.
- Athletes looking for a training edge.
- Women because weight-bearing exercise is proven to reduce the incidence of osteoporosis.

- The time-pressed exerciser because one hour two times per week delivers fast results.
- Serious weight trainers who want to challenge their muscles in a different way.
- Strength Train Together is for just about everyone because strength training is essential to staying healthy.

## HOW OFTEN SHOULD I DO IT?

Strength Train Together is designed to be done two to three times per week.

It is recommended that you do not exceed three times in one week. This is not a case of "The more you do, the better". The body needs time to recover in order to grow stronger. For at least your first month of Strength Train Together, twice a week is sufficient. A schedule allowing for two days of rest between each workout experience is ideal.

## HELPFUL HINTS

Remember that your first workout only happens once. After attending Strength Train Together three times, you will get into the rhythm of things and will start to feel like a pro. These tips will ensure your success in your first few workouts:

- Wear comfortable workout clothing and comfortable athletic shoes.
- Bring a towel and water bottle.
- Some people prefer to wear weight-training gloves, but they are certainly not essential.
- Arrive 15 minutes before the workout and introduce yourself to the instructor. The instructor will help you set up your equipment, provide starting weight recommendations and answer any questions you may have to put you at ease.
- It is not essential that you are up front, but stand near the center of the room and where you have a clear view of the instructor.
- Your instructor will coach you and include exercise options to ensure your success.
- You should feel comfortable stopping at any point in a track, either to rest or adjust your weights.
- Speak with the instructor at the end of a workout to ask questions and to check in about your experience.

## HOW WILL I FEEL?

It is perfectly normal to feel apprehensive prior to your first Strength Train Together workout. Once you get your first workout out of the way, much of that apprehension will disappear. Remember, there is safety in numbers. You will be amazed by how many others are willing to help you.

The objective of your first few workouts is to familiarize yourself with the format, equipment and technique of the various exercises. The instructor will probably recommend a starting weight that may seem too light to you at first. Keep in mind that you will be doing high numbers of repetitions and the lighter weight will help you learn proper technique from the beginning. Allow yourself to be a student; proper technique leads to safer, more effective exercises and better results. After you get the feel of the workout, you can slowly start to increase your weight selections to increase your workout intensity.

Talk to the instructor after the workout to let them know how you felt and if anything felt particularly challenging for you. The instructor will then make recommendations for your next workout. Keep in mind that you may be sore several days afterwards because your body is adjusting to the new demands on your muscles. This is perfectly normal. Have fun during your Strength Train Together experience as you build strength, confidence and a sense of accomplishment that comes with improved fitness.