

# 10 STRATEGIES TO GET THE BEST RESULTS WITH YOUR GYM MEMBERSHIP

**RESULTZ GYM**

[www.resultzgy.com.au](http://www.resultzgy.com.au)



# GYM MEMBERSHIP

So, you have your gym membership, your access card and are bursting with enthusiasm to create the body of your dreams. The best way to totally derail your enthusiasm and motivation is not approaching your new gym experience with a clear plan of action. Sporadic or occasional training will not give you results. You have access to some amazing resources so don't let them go to waste. Do yourself a favour and give yourself the best possible opportunity for success.

**Now read your 10 strategies**

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## 1. PLAN IN ADVANCE

Plan your gym sessions for the week in advance. Having a systemised approach will far outweigh any kind of spontaneous approach to your training schedule at the gym. Make it an appointment and don't let anything get in the way. Remember, this is YOUR time!

## 2. GET CLEAR ON WHAT YOU WANT TO ACHIEVE

Get clear on what specifically you want to achieve with your training. Fat loss, weight gain (increased muscle mass), increased mobility, fitness and the list goes on. Your training will determine your outcome. What is it that you wish to achieve?

## 3. STAY HYDRATED

Ensure you are hydrated. It makes it extremely difficult to train effectively and to burn fat effectively if you are not hydrated.

## 4. USE SUPPLEMENTS WITH YOUR TRAINING

Use supplements with your training if required. If you are training high intensity including weights and HIIT training such as the AMRAP research has shown that supplements will assist in muscle repair and growth and improve performance over time.

## 5. MEET OTHER GYM MEMBERS

Great friendships are forged in the gym and it is a great way to introduce yourself and meet other health-conscious like-minded people like yourself.

## 6. DOCUMENT YOUR TRAINING

Every day I lift I document my weight and repetitions. This is a great tool I use to ensure that I am showing continual improvement. This is fantastic for motivation and seeing your improvements on paper is a great way to continually develop your exercise programming.

## 7. EAT WELL

If you are going to train, then you should eat well also. It is near impossible to out train a poor diet. The nutrition you consume in each meal is paramount to what you see on the outside. Train hard and eat clean.

## 8. FIND A TRAINING PARTNER.

Training in pairs is a lot more fun and helps with accountability. If they are not yet a gym member, then get one of your mates to sign up. I will be more than happy to welcome them to Resultz

## 9. KNOW WHEN TO TAKE A DAY OFF

Overtraining is often a lot worse than under training. Sore muscles, fatigue, or just a long day at work. It is okay to take a day off your training schedule..... As long as it doesn't happen all the time!

## 10. HAVE FUN AND CELEBRATE YOUR SUCCESSES.

If you hit a personal best on a lift or do something at the gym that you have never done before (fitness orientated) then ring the celebration bell. This not only inspires you but will also inspire any of our gym community that are training. I do it all the time!

## 11. BONUS TIP!

***I know I only mentioned 10 strategies but I thought I would value add.***

Check out the folder in the foyer. There is some fantastic research based information on nutrition, and supplementation. Even if you only follow some of these guidelines you will notice a big difference in performance and health.



# WHY ARE WE DIFFERENT TO OTHER GYMS?



At Resultz we have such a fun time continuously working on a super supportive culture for both staff and members.

Our community.... sometimes known as members love the Gym vibe that we have created.

**Resultz is a Boutique Gym with a "my gym" feel.**

## Popular Services

- ✓ Membership Access
- ✓ Boot Camp family
- ✓ Semi Private Strength Club
- ✓ Nutrition

## Staffed Hours

- 🕒 Mon to Thu: 7am - 2pm
- 🕒 Fri: 7am - 12pm
- 🕒 Wed: 4 - 7pm
- 🕒 Sat: By Appointment only

**Beat the crowds and be part of the Resultz community.  
Call us on 0414 474 040 or visit the Gym.**

**RESULTZ GYM**

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[www.resultzgy.com.au](http://www.resultzgy.com.au)