

10
STRATEGIES
TO BEST
UTILISE YOUR
STRENGTH
CLUB TRAINING

RESULTZ GYM

www.resultzgy.com.au



STRENGTH CLUB

I think it is great that you are looking at getting stronger and learning how to implement a specific strength overload program. This is not just "PT". This is a learning experience where you will be blown away by how much strength you will improve in a 12 week period. For the beginner or experience lifter, Strength Club will give you the tools to build a strength foundation and increasing your strength on a weekly basis whilst having a clear laser like focus on technique.

Now read your 10 strategies

RESULTZ GYM

1. GET IN EARLY

Arrive 5 min prior to the commencement of your strength club session. This will allow you enough time to complete your mobility warmup to ensure that you make the most out of every single session.

2. GET CLEAR ON WHAT YOU WANT TO ACHIEVE

Get clear on what specifically you want to achieve with your 12 week strength club experience. Every program is designed to develop and improve on your current strength so if you are not improving as much as you would like to speak to your trainer for advice and feedback.

3. STAY HYDRATED

Ensure you are hydrated and have had had some form of high energy carbohydrates and protein before training... Remember, this is what is going to assist with your energy levels during the session and recovery post session.

4. USE SUPPLEMENTS WITH YOUR TRAINING

Use supplements with your training if required. For our strength club members, I would certainly recommend that you look into a good quality whey protein isolate and consider using some creatine as well. Definitely need carbohydrates pre-and post workout also.

5. HAVE REALISTIC EXPECTATIONS

Approach your strength club experience with realistic expectations. If you are new to strength club remember our focus is on building a solid strength foundation for future strength training. Keeping strong and fit is not about a 12 week program... It takes time and long-term realistic goals are encouraged for all of our strength club community.



6. GET THE SUPPORT FROM HOME

If you are married or have a partner ensure that they are 100% on board with your strength club journey. Emphasise that this is important for you and ask for the support required to ensure that you can attend each session stress free (especially those with children).

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. LETS US KNOW ABOUT ANY INJURIES

If you have any small injury or muscle twinge, ensure that you let your expert strength club facilitator know on arrival. We can modify exercises if some reason you are unable to do any legwork or have extremely tight muscles through your back. It is much easier and safer to modify for a week as opposed to push through and potentially create an injury.

9. CAN'T MAKE IT? LET US KNOW

If you need to cancel, please let me know at your earliest convenience. We may have other strength club members that wish to train in your timeslot and letting me know at the last minute does not allow me the time to let one of our other strength club members know if there is a vacancy.

10. HAVE FUN AND CELEBRATE YOUR SUCCESSES.

Have FUN and celebrate your successes. If you hit a personal best on a lift... You can be guaranteed you will be ringing the bell at the end of your session. The whole reason people attend strength club is to get stronger. As we get stronger we celebrate so if you hit a PB don't be selfish and share the love



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

A: Lvl 1, 280 Stafford Rd, Stafford
www.resultzgy.com.au