



Our mission is to optimize your results by providing the knowledge, skills, coaching and motivation empowering you to achieve your fitness goals. Sweat PT's certified fitness professionals are fully committed to helping you achieve your fitness goals in a motivational manner designed to support you with the highest level of customer service.

YOUR SUCCESS IS SWEAT PT'S PASSION

Personal training is an opportunity for you to work one-on-one with a fitness specialist to achieve real results in the shortest time possible. We offer a comprehensive approach to health and fitness by providing customized programs based on your unique goals, fitness level and experience. Your individualized fitness program will be custom designed specifically with you in mind. All of Sweat PT's fitness specialists are certified through nationally recognized organizations and have the background, experience and expertise required to design and implement a program specifically for you. Whether you are a beginner or have been training for years, together we can achieve the results you want.



WELCOME, AND CONGRATULATIONS! THE HARDEST PART IS OVER. YOU ARE TAKING THE FIRST STEPS IN REACHING YOUR FITNESS GOALS! NOW LET'S GET SERIOUS WITH A CERTIFIED PERSONAL TRAINER.

ORIENTATION 1

THIS ORIENTATION WILL CONSIST OF 2 PHASES

Time To **ACT: Assess, Customize, Teach**

PHASE I :

Review of your medical and fitness history, including a fitness assessment covering the following areas:

- Cardiovascular Fitness
- Muscular Strength & Endurance
- Flexibility
- Body Composition*
- Injury Prevention Evaluation*
- Assessment of Health Risk
- Assessment of Health Age
- Visualization Model of The Ideal You

* Available in certain health club facilities.

PHASE II :

On your 1st Orientation, your professional will take you through 5 different exercises. These exercises will be chosen to assess your core strength, overall flexibility, and stamina. This information will be used to design your fitness program. Your workout may be altered based upon the information gathered in Phase I.*

	REPS	WEIGHT	SEAT ADJUSTMENT
LEG PRESS			
STATIC LUNGE			
LEG EXTENSION			
LEG CURL			
STEP-UP OR BALL SQUAT			

* Your professional fitness specialist may modify these exercises as appropriate given your individual wellness and fitness levels.

ORIENTATION 2

If you have already picked a program, welcome aboard! Let's start changing your life. If you are still undecided on how Sweat PT and its team of trainers can assist you in achieving your fitness goals we at Sweat PT/ Bailey's want to ensure that we have provided you with a basic, safe and effective workout designed to start your fitness program.

The below workout is referred to as the **Basic 8**. It is designed and written to be a safe and effective workout for the total body. Your trainer will assist in this workout and document the information you will need to continue in the future. As with any workout, your body will eventually "plateau". When this occurs please ask a trainer for assistance. At Sweat PT we are always here to answer your questions.

	REPS	WEIGHT	SEAT ADJUSTMENT
CHEST PRESS			
TRICEPS EXTENSION			
LAT PULL DOWN			
SEATED ROW			
SHOULDER PRESS			
SIDE LATERAL RAISE			
BICEP CURL			
ABDOMINAL WORK			

CARDIO MACHINE

* Your professional fitness specialist may modify these exercises as appropriate given your individual wellness and fitness levels.

TRAIN FOR YOURSELF NOT BY YOURSELF
WITH HARD WORK, DEDICATION, AND SWEAT PT PROFESSIONALS WE CAN CONQUER ANY FITNESS GOAL



BENEFITS OF WORKING WITH A FITNESS PROFESSIONAL

- Motivation & Support
- Personalized Training Programs
- Focus & Efficiency
- Discipline & Consistency
- Optimize Your Exercise Time & Experience
- Improve Technical Skills
- Injury Prevention
- Break Through Plateaus
- Learn How To Work-out Safely & Effectively
- Accountability
- Knowledge For The Future

OUR COMMITMENT TO YOU

Together with a personal commitment from you, we will:

- Help you set and achieve your goals
- Provide you with the knowledge and coaching to affect lasting change
- Teach you proper technique and form to help you to exercise safely and effectively
- Provide you with encouragement, motivation and support
- Celebrate your accomplishments
- Provide new program ideas

Your fitness professional is committed to your success. The results you achieve will depend on your personal level of commitment to yourself, application of training techniques, realistic goals and time frames, and your commitment to your program.



**TWO COMPLIMENTARY
ORIENTATION SESSIONS
OVER A \$150.00 VALUE**

YOUR COMPLIMENTARY RESERVATIONS

Name

1st Orientation Date

2nd Orientation Date

Personal Trainer

*Failure to cancel with 24 hour notice will void complimentary offer.

HOW TO PREPARE

- Eat a light meal approximately 2 hours before arriving and drink at least 8oz of water 45 minutes before your reservation
- Dress in cotton sweats and shirt or similar workout attire and wear tennis shoes and socks
- Pickup a bottle of water from the Pro-Shop
- Bring a small towel and 2 forms of identification
- **BRING YOUR GREAT ATTITUDE!** Expect to learn, have some fun and enjoy a great experience!



**SIGN UP TODAY TO EXPERIENCE THE BENEFITS OF
PERSONALIZED ONE-ON-ONE FITNESS COACHING!**

BAYMEADOWS

9550-18 Baymeadows Road, Jacksonville, FL 32256

MANDARIN

11740-2 San Jose Boulevard, Jacksonville, FL 32223

MERRILL

7001 Merrill Road, Jacksonville, FL 32277

ATLANTIC

753 Atlantic Blvd, Atlantic Beach, FL 32233

GAINSVILLE

3441 West University Ave, Gainesville, FL 32607

BRUNSWICK

57 Glynn Plaza, Brunswick, GA 31520

PARENTAL HOME

7500 Beach Blvd, Jacksonville, FL 32216

ORANGE PARK

700-6 Blanding Blvd, Orange Park, 32065

WESTSIDE

3794 Blanding Blvd, Jacksonville, FL 32210

MONUMENT

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