

# Frequently Asked Questions

## **“How do I contact you to ask a question?”**

The easiest way to contact me is via email using bullet point format. If you have a more urgent question, feel free to text me.

## **“How do I check in with you?”**

Check-ins will take place every 2 weeks per the plan. We will schedule a recurring time to meet every 2 weeks to ensure it is in the calendar. If you need to reschedule this time, please let me know at least 24 hours in advance.

## **“How do payments work?”**

Payments will be charged on the 1<sup>st</sup> of the month. After the initial plans complete, you will be moved to a month-to-month plan.

## **“What if I don’t know how to perform an exercise included in the workout?”**

The included exercises usually have a video demonstration included with them. For those that do not, I can provide you with one prior to your scheduled workout day.

## **“Do I need to be a member of a gym?”**

You do not need a gym membership to perform the workouts. As each workout is customized individually, I will build a program based upon what equipment you have available.

## **“Do I need to purchase any equipment?”**

Purchasing of equipment is entirely optional. The programs are customized to the individual and what is available. If you purchase any equipment, please let me know so that I can update your program to include that equipment.

## **“Do I need to download any software?”**

You will need to download the Trainerize app to get started. All workouts and demo videos are provided here. You will be tracking your workouts using this software. You will also be able to track progress and send messages through the app.

## **“How strict does my diet need to be?”**

Even the best exercise program can only take you so far without proper nutrition; there is a saying that 90% of your abs are built in the kitchen. While true, it is easy to get burnt out by following an overly strict meal plan. My rule of thumb is to eat well and allow cheat days. Eat a good mixture of proteins, fats, and carbs.

## **“Is there a cancellation policy?”**

Requests to cancel your training package must be received by the 15<sup>th</sup> of the month (or business day prior if the 15<sup>th</sup> falls on a non-business day). Requests must be made in writing. Packages will continue until the end of that month.