



Our Commitment to You

1. **100% attention on you** – we promise to keep focused on you during your session and not look around the gym, chat to other people, or anything else that takes us away from you.
2. **No phones** – we will definitely not have our mobile phones with us during the session. The only exception could be if we are using them as interval timers. If this is the case, you will be able to clearly see our phones at all times.
3. **No Yelling** – yes motivation is a key part of training you, however we do not believe in yelling at you. We will encourage you and push you but never yell.
4. **No throwing up** – training to the point of throwing up is not good for you and is definitely not necessary to reach your goals.
5. **Lifestyle focused** – we deliver balanced programs which fit into your lifestyle. This will be different for everyone so we want to ensure your program helps you reach your goals and fits within your lifestyle for the long term.
6. **Personally tailored & individualised programs** - we remember your unique needs and requirement and incorporate these into your sessions and programs.
7. **Technique focused** – we will ensure your technique is correct at all times, we will also teach you how to ensure your technique is correct when you are training yourself as well.
8. **Professional** – we guarantee that we have all of the required qualifications, registrations and insurance to train you.
9. **Coaching** – we will provide health and nutritional coaching to you during your sessions to ensure you are receiving holistic support to reach your goals.
10. **Education & Support** – during your sessions we provide education on your exercises and support you through implementing your program into your lifestyle