

# New to functional fitness training?

Even though we program different workouts everyday, we have a set of foundational movements that we always use. It is important to understand how to do these movements correctly and with good form in order to prevent injuries. It also helps the class to move smoothly when everyone has a basic understanding of all the movements. Before joining in the classes, The Shop in Cibolo, LLC requires everyone that is new to these movements to go through a 3 (three) day Intro Session.

This can be done one on one or with a small group of no more than three people. Each session will be about an hour long. Once we are done, you will feel like you had a great workout!

The Intro Session helps give the member a sense of confidence coming into the class. It also helps the trainer to give equal attention to everyone during the normal class sessions.

## What will we cover during the Intro Session?

Session 1: We will cover squats - all the squats! Air squat, front squat, back squat, thrusters, and overhead squat. After the squats, we will discuss the pull-up.

Session 2: We will cover overhead movements. Shoulder Press, push press, push Jerk, and split Jerk. After the overhead movements, we will discuss knee raises and toes to bar.

Session 3: We will cover the deadlift, sumo deadlift high pull, power clean, squat clean, and med ball cleans.

\*These sessions will be scheduled with Aly outside of normal class times. We can split these sessions into 4 or 5 if needed.

## Cost of Intro Sessions?

The intro classes cost \$45 total.

\*Incentive\* If you bring in another person to do the intro sessions or to join for a month, the three intro sessions will be dropped to \$30 total. If they need the intro sessions, they can do them with you for the same price.