

WELCOME TO TFM'S PRIVATE STUDIO

We would like to offer a sincere and warm welcome to both new and returning members to Total Fitness Management. (TFM)

It does not matter if you are new to a studio / gym environment, returning to exercise after a break or just using TFM to compliment your current exercise.

Our goal is the same - to coach you for success with your exercise, whilst taking into consideration your current mindset, lifestyle, budget and individual goals.

If we feel you require a change of program will be there to provide support during this process.



TIPS TO SETTLE IN FAST

Arrival: Aim for 10 mins before start time. If you are going to be 5 - 10mins late still attend. *(we will cater for you)*

Footwear: Take your footwear off or clean at the door. Bare feet training offers many benefits at TFM.

Warm Up: Always proceed to one of our recommended warm ups suitable for your current health and fitness.

Health: Let your coach know ASAP if you have any new health conditions, pain or injuries.

Hydration: We recommend you bring your own water bottle and you are hydrated before starting your session.

Sweat: Carry a small hand towel with you at all times.

Exercise Technique: If you are unsure of a technique with an exercise, ask your coach before the session starts.

Progression: We have many ways for you to progress your training, including minor adjustments to your technique and / or intensity as well as adding in new exercises.

New Exercises - Variety: Your coach will help you to learn new exercises when it is suitable. Please do not attempt advanced exercises without asking your coach.

Unwind and Enjoy We take positivity seriously. You are responsible for the energy you bring into the studio, leave your stress at the door and focus your energy on your workout. *TFM is a negative free zone.*

PLAN FOR SUCCESS:

- Book your sessions a month in advance.
- Have Protein after every workout.
- Move and stretch every day.
- Congratulate yourself for making time for your health

TFM is proud to support clients of all ages with their exercise since 2002!

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TIPS TO SETTLE IN FAST

Arrival - Warm Up: Aim for 10 mins before start time.

Health: Let your coach know ASAP if you have any new health conditions, pain or injuries.

Exercise Technique: If you are unsure of a technique with an exercise., ask your coach before the session starts.

Progression: We have many options for you to progress your training, including small / minor adjustments to your technique and / or intensity, as well as adding new exercises. (see below)

New Exercises - Variety: Learning new exercises from time to time offers many benefits, including changing the way a muscle is activated or loaded along with increasing the variety of your program, which is great for motivation.

Sweat: Towels are compulsory – if you sweat carry a small hand towel with you during workouts, especially during classes.

Footwear - Hydration: Shoes are not recommended unless you have a personal or medical reason. Ensure you are hydrated before each session.

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