

FRESH START PROGRAM

Thank you for choosing Fresh Fitness!

As three time winner of the Fitness Club of the Year award, we will do everything we can, to assist you in the best possible to achieve your personal goals.

As a new member at Fresh, we offer you the **Fresh Start program** for free.

During the 12 week long Fresh Start program you have several contact-moments with your personal coach, to work as effective and efficiently possible on your personal goals.

Here is an overview of what you can expect:

Step 1: Download the Fresh Fitness app

Step 2: 1st intake with your personal coach to establish what kind of athlete you are

Step 3: Train individually with your personal training schedule.

Step 4: 2nd intake with your coach to evaluate your first independent training

Step 5: Train individually with the schedule and possibly attend a group lesson

Step 6: 4th week evaluation.

Step 7: Train individually for four weeks.

Step 8: 8th week evaluation.

Step 9: Train individually for four weeks.

Step 10: 12th week evaluation.

After the first 12 weeks, you and your coach will see which follow-up program is appropriate suited to your wishes. Would you like a personal appointment every month, or would you prefer an online counseling process?

Everything is possible!

The guidance of your personal coach is included with every Fresh subscription.

We wish you good luck and lots of fun exercising at Fresh Fitness!

How does such an intake actually work?

That depends on your preferences!

Globally we will do this during the Fresh Start Program:

1st intake:

- * Intake meeting with your personal coach
 - * Body measurement / body scan
- * Sketching a personal training schedule + explanation exercises

2nd intake:

- * Fitness test
- * Evaluation of first independent training
- * Explanation of group lessons and booking a group lesson

4th week evaluation:

- * Force test (submaximal)
- * Evaluation training schedule

8th week evaluation:

- * Evaluation training schedule
- * Repeat tests of your choice

12th week evaluation:

- * Evaluation of the first 12 weeks and determination of the follow-up process

Did you know that athletes who use our **Fresh Fitness app** are **30%** more likely to achieve their goals?

With the Fresh Fitness app you can:

- View your training schedule
- View your measurement data
- Reserve group lessons
- Chat with your personal Coach
- Map your work-out progress
- Keep up to date with the latest news from Fresh
- Track your outdoor activities
- And much more!

Through our app you are always in direct contact with your personal Coach.

If there are any questions or if you run into something, don't hesitate to contact us.

To change appointments or to ask administrative questions please contact our reception via
020-6751207.

Fresh Start Program Intake Protocol

1st intake:

- * Intake interview based on the evaluation form
 - * Tanita body scan
 - * Movement screening
- * Drawing up a personal training schedule + explanation exercises
 - * Schedule a 2nd intake in 1 week

2nd intake:

- * Fitness test
- * Evaluation of first independent training
- * Explanation of group lessons and booking a group lesson
- * Make a new appointment for the 3rd intake in week 4

3rd intake / 4 week evaluation:

- * Sub-maximum strength test
- * Evaluation group lesson
- * Evaluation training schedule
- * Make a new appointment for the 4th intake in week 8

4th intake / 8 weeks evaluation:

- * Evaluation training schedule
- * Evaluation of group lessons
- * Retesting (fitness test, body scan, strength)
- * Schedule 12 weeks of evaluation

12 week evaluation:

- * Evaluation of the first 12 weeks and determination of the follow-up process