

POWER STRENGTH

TRAINING SYSTEMS

Training Overview

The training and fitness industry is a confusing place these days. Fortunately for you we have worked with hundreds of individuals who achieved great results with our program. We have derived our own system to obtain the best results in as little time as possible. Everything we do is simply a tool in a toolbox. Just like when building a house, no one tool will get the job done. This is the problem with many common training systems out there. Rest assured that we have you covered.

Our main goal is to form a stronger body. This helps to build muscle, fix posture, burn fat, perform better, and make anything that cross our paths an easier task. We use our own body weight, barbells, dumbbells, kettlebells, odd objects, bands, chains, ropes, straps, and sleds.

We utilize big, compound movements to work as many muscles as possible, providing a strong stimulus to the body so it's forced to adapt. This program will help you build muscle while shedding unwanted body fat.

Building muscle, burning fat, and getting in great shape is highlighted through what we call "finishers". We end each workout with a different finisher to not only end with a bang, but to challenge ourselves mentally and get in the best possible shape. This helps to provide the cardiovascular benefits to the program as well.

Proper technique, breathing patterns, human movement, and posture are key areas we focus on to improve our time in the gym and in everyday life. All this is emphasized on a daily basis to complete a well-rounded, holistic approach to training and overall health.

Whatever your ability level. We can easily alter the workouts to cater to your current fitness state or training goal. Whether it's within a Semi-private session, or within our Team Training groups, we will help you find the best fit!

As we like to say – it's about "progress, not perfection." We're going to collect small victories together and they will add up! Oftentimes results will begin to show within a couple short weeks of consistent workouts. Be ready to not look back as new habits are formed!

**Always feel free to ask any questions about training, nutrition, or overall health. We're here to help!*