



## Thanks for joining In2great fitness & wellness!

We are thrilled to have you join us, and look forward to sharing your fitness journey with you. Before you get started, here is some information about your training, how our philosophies will help you fast track fitness AND wellness, and how we'll work together to help you achieve your goals.

### BEFORE YOU GET STARTED

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**Waiver Form:** Before we get you started, we ask that you please take a few minutes to fill out our waiver form. This will ensure we have all your details prior to you coming in, and will help us cater to any injuries, conditions or special requirements that you may have. Please be sure to enter your height, weight and date of birth so we can prepare a heart rate monitor for you to borrow. If you have not already been sent the waiver form, click [here](#)

**Personal Training:** As part of the \$99 unlimited training offer, you will receive 1 x 30min PT sessions to help focus on specific goals for your fitness level, and ensure that your time and energy are used as effectively as possible. Your introductory PT session must be used within the 4 weeks of training (ideally in the first week), so we can better know what you are after, and how to best serve you.

**Small Group Classes:** All classes must be booked in online with your unique mind body account. You can download the iPhone app called **mind body express** for booking ease. You have the option to *repeat book*, so that rather than having to book into each class individually, you can book into a specific class each week for the duration of your pack. Repeat bookings must be done via desktop, not the mobile app.

- You must book in 1 hour prior to class via Mind Body Booking App.
- You must cancel your class at least 6 hours before it commences, late cancellation fees apply.
- All packages are non-refundable and non-transferable.
- 3 month, 6 month and 1 year unlimited memberships are valid for 1, 2, and 4 weeks suspension respectively
- 5 class pack valid for 6 weeks, 10 pack for 12 weeks, 20 pack expires in 5 months from the purchase date.

**Cancellation policy:** Given that our business is an appointment based system, we ask that if you need to cancel, you do so as early as possible so that it allows someone else to fill that class or session. Class cancellation policy is 6 hours, personal training is 24 hours. To change your Personal Training appointment you must provide us **with 24 hours** notice or you may forfeit your session.

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## YOUR TRAINING SESSIONS

**Come Prepared:** Bring a towel and water to your session. Please switch mobile phones to silent and endeavour to arrive at least 5 minutes before the class to adequately prepare, and avoid disruptions

**Fragrance Free:** We ask that you please avoid wearing or using perfume, and fragranced products for the health and safety of our members and staff. We aim to run a fragrance-free studio to minimise exposure of toxins in our environment. Natural fragrance free deodorants are welcome.

**Barefoot Training:** We train barefoot to enable you to better experience the benefits of movement, mobility and whole body communication, and so we can see how your foot moves to help you move better. By training barefoot you'll enhance whole body coordination and proprioception, foot and pelvic floor health, increase lymphatic waste flow and integrated strength. [Read more about barefoot training](#)

**Heart rate monitors:** Monitors are provided for your first month on a trial basis. We use the Polar H7 or H10 which work with the polar beat and team polar app. Heart rate feedback enables us to accurately read how you are responding to the session, track wellness and increase results. Using HR technology empowers you to honour where your body is at on any given day when you train, so that you can get results every single session. You'll be emailed a heart rate chart after each session. [Read more about why and how heart rate training works to increase fitness here.](#)

**Daily readiness:** We use a daily readiness scale to track your lifestyle factors on any given day, to determine how your workout should look. Your [Daily Readiness score](#) provides valuable insight into physical, mental/emotional and lifestyle stresses. We find that clients get the best results when they honour daily readiness levels and train accordingly. There are no judgements, it just helps us better cater to your specific needs, and it helps empower you to optimise lifestyle factors. Simply answer the questions honestly (you don't need to remember the questions, there is a chart in the studio), and write your score on the whiteboard.

- *I fell well and rested*
- *I have fuelled my body with good nutrition*
- *I have hydrated well with 2+ litres of water*
- *I have moved well and often in the last 24 hours*
- *I feel energised and strong*
- *I have no pain or stiffness*
- *I feel emotionally happy, calm and not stressed*
- *I feel mentally ready and motivated to train*

**Aches & Pain:** If anything hurts PLEASE tell us and never, ever push through pain. As movement specialists, we'll do our best to not only keep you moving, but help you resolve the problem as best we can. Movement is anti-inflammatory, and it's important to keep moving within your pain threshold when injury strikes, rather than resting. If pain is chronic, it might be worthwhile booking in with us for a private release session, vibration session or structural integration manual therapy work. De-stress De-fuzz is also a great class if you are injured

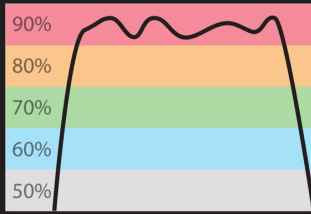
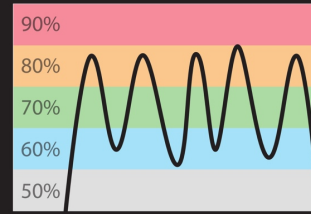
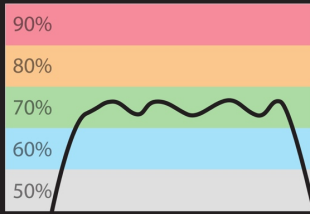
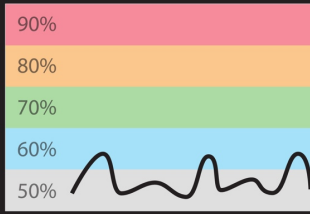
**Fascial fitness:** Fascia is the connective tissue fabric that holds us together, and spans through our whole body. We use a variety of tools and techniques to help you address both local, and global fascial restrictions for better health, mobility, posture, recovery and reduced pain. [Read about why fascia is important to your training here](#)

**Vibration training:** We use Medical Grade Vibration for training, pain and injury rehabilitation, recovery and wellness purposes. Acceleration training is an advanced way to increase the force and work volume, and it provides rapid results that we promise you'll love. [Read more here.](#)

<h2 style="text-align: center;">LOADED LINEAR TRAINING</h2> <p><b>Examples:</b> Bench press, deadlift, clean and press, bicep curl, Leg press, lat pull down, Weighted lunges, Calf Raise</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>- Muscle Hypertrophy</li> <li>- Time under tension</li> <li>- Increased formonal response</li> <li>- Improvemnet in stability / strength/ power</li> <li>- Improved intra-muscular coordination</li> </ul> 	<h2 style="text-align: center;">LOADED MOVEMENT TRAINING</h2> <p><b>Examples:</b> ViPR, Sandbells, TRX Rip Trainer, Warding Patterns, Powerplate, Dynamic weights, Functional Training</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>- Less compressive forces</li> <li>- Greater adaptations in hormones, muscles, nerves, skin and fascia</li> <li>- Improvement in Stability, Strength &amp; Power</li> <li>- Improved inter-muscular coordination</li> <li>- Whole body integration</li> </ul> 	<h2 style="text-align: center;">UNLOADED LINEAR TRAINING</h2> <p><b>Examples:</b> Skill development, TRX, Running, Cycling, Yoga, Swimming, Activations / Rehab, Pushups, Pilates.</p> <p><b>Benefits include:</b></p> <ul style="list-style-type: none"> <li>- Re-education of neuro-muscular system</li> <li>- Stability / Mobility training</li> <li>- Targeted tissue improvement (muscle)</li> <li>- Improved intra-muscular coordination</li> <li>- Cardio and motor efficiency</li> <li>- Metabolic improvement</li> </ul> 	<h2 style="text-align: center;">UNLOADED MOVEMENT TRAINING</h2> <p><b>Examples:</b> Speed Agility Quickness, Play / games, Tai chi, Ground to standing, Movement prep, Martial arts, Team Sports.</p> <p><b>Benefits include:</b></p> <ul style="list-style-type: none"> <li>- Rapid nervous system activation</li> <li>- Improved Motor learning</li> <li>- Speed, agility, quickness improvements</li> <li>- Increase functional reaction capabilities</li> <li>- Strength / Power</li> <li>- Improved inter-muscular coordination</li> <li>- Whole body integration</li> </ul> 
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### ARE YOU SPENDING ENOUGH TIME IN EACH QUADRANT?

Many people come to us who have only ever done yoga, or running, or weight training, leaving a deficit in their movement ability and increasing the likelihood for injury. All our programs are designed to give you a blend of all types of movement, making you resilient for whatever life throws at you. With distinct benefits in each quadrant, you can see the need for a program that addresses movement from each quadrant. Training just the one way is not enough to create a balanced and healthy body. Injuries occur most often in those who are missing variety in their training.

<h2 style="text-align: center;">HIGH INTENSITY STEADY STATE</h2> <p><i>HR sustained above lactate threshold Sustainable for 4-10 minutes</i></p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>- Anaerobic Metabolism</li> <li>- Anaerobic Endurance</li> <li>- EPOC</li> <li>- Anabolic hormone production</li> </ul> 	<h2 style="text-align: center;">HIGH INTENSITY INTERVAL TRAINING</h2> <p><i>HR goes above &amp; below lactate threshold Sustainable for 15-30 minutes</i></p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>- Recovery using aerobic metabolism</li> <li>- Tissue hydration</li> <li>- EPOC</li> <li>- Anabolic hormone stimulation</li> <li>- Whole body integration</li> </ul> 	<h2 style="text-align: center;">LOW INTENSITY STEADY STATE</h2> <p><i>HR sustained below lactate threshold Sustainable 30-120 mins</i></p> <p><b>Benefits include:</b></p> <ul style="list-style-type: none"> <li>- Aerobic Endurance &amp; stamina</li> <li>- Mitochondrial enhancement</li> <li>- Cellular health &amp; hydration</li> <li>- Red blood cell production</li> <li>- Cardiovascular function</li> </ul> 	<h2 style="text-align: center;">LOW INTENSITY INTERVAL TRAINING</h2> <p><i>HR stays well below the lactate threshold Sustainable Many hours</i></p> <p><b>Benefits include:</b></p> <ul style="list-style-type: none"> <li>- Overcoming sedentary lifestyles</li> <li>- Reduced catabolic hormone production</li> <li>- Improve NEAT</li> <li>- Decreased wear and tear</li> <li>- Minimise static / repetitive postures</li> </ul> 
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### VARIETY MAKES YOU RESILIENT AND GETS YOU FASTER RESULTS

When it comes to metabolic training, heart rate tracking is incredible powerful in helping you achieve more. Different heart rate patterns, and intensities have unique benefits making it clear that there is no one way to get results. Heart rate training can exist along two spectrums: high/low intensity, and steady state/intervals. Each quadrant has specific benefits. Training in only one quadrant is a key reason for a lack of results. For example too much steady state work (cardio) can break down muscle and connective tissue, and negatively influence hormones and metabolism if it isn't balanced with the other quadrants.





## RESOURCES TO HELP YOU SUCCEED

**Free eBooks:** Choose from eBooks on Stress, Fat loss, Cellulite & Skin Health, Fascial Fitness and mobility, Gut health, Essential Oils, or Pelvic Floor Health. [Click here to download for free](#)

**Healthy Recipes:** [Our website is packed with a variety of healthy recipe ideas](#), most of which are gluten and dairy free.

**6 Week Easy Nutrition Challenge:** Most people find the idea of a nutrition upgrade or 'diet' overwhelming, and don't know where or how to start. While huge changes can induce dramatic increases in health and body composition goals, many people underestimate the significant impact of smaller, consistent changes. We have created an EASY 6 week program that focuses on ADDING beneficial foods or habits to your routine, so that you can upgrade your health one step at a time. [Check it out here](#)

**Healthy Snacks:** We know that eating on the go can be tricky when you are trying to stay healthy. [Check out our list](#) of easy packaged, healthy snacks that you can trust are full of only the best ingredients.

**10% off minimalist shoes:** Vivobarefoot are the leaders in barefoot shoes offering wider fits for ultimate foot strength, mobility and health. Use the code [IN2GREAT123](#) to get 10% off any order on the [Vivobarefoot website](#).

**Healthy Habit Checklist:** 90% of human disease can be attributed to the exposome which is the myriad of non-genetic influences that you are exposed to throughout your life. Your exposome is the food you eat, the air you breath, the water you drink, your stress, the people you interact with, your metabolism and the environment you live in. Genes are important, but as the famous functional medicine saying goes 'genes load the gun, but environment pulls the trigger.' It's all about balance. By removing 'health hurters' and increasing 'health builders' column, you can positively shift your health. [Take a look and see if you can make some small changes for big results.](#)

**In2great Fitness & Wellness Blog:** [Our blog](#) is jam packed with a variety of informative articles about all things fitness and wellness. You can find information on functional medicine topics like gut health, thyroid health, weight loss, nutrition, food quality, or fitness related topics like fascia, metabolic training, injury prevention and rehabilitation strategies, lifestyle hacks and more.



## YOU ALSO MIGHT BE INTERESTED IN

**1:1 release sessions:** We specialise in pain management, rehabilitation and chronic injuries. If you need a tune up, book in for a release session with us where we can use a variety of tools and techniques to get you feeling great. Release sessions may include vibration, manual therapy, movement, fascial release techniques and more. A 30 min session might be all you need, and we can provide specific homework videos to fast track your rehabilitation.

**Structural Integration** is a manual therapy that seeks to realign the soft tissue of the body, to create ease in your structure, reductions in pain, and improve overall wellness, mobility and performance. Rather than merely chasing pain and symptoms, Structural Integration helps get to the root cause of pain and dysfunction by addressing the whole body. It's a relaxing therapy with a soft touch that addresses the fascial layers of the body, rather than just the muscles.

**Health coaching:** Need some help with your nutrition or lifestyle to help with wellness, stress, weight loss and building a successful routine? We can help you get on track with expert coaching and support.

**Functional medicine & Lab testing:** If you are struggling with chronic health problems, or disease, and need help beyond health coaching, book in with Priscilla for specialised help. Her specialties include gut health, stress and sex hormone balance, weight loss, toxicity, ancestral nutrition and sleep.

**Kids training:** We work with a lot of kids for training, fun and pain management. Speak to us about options to inspire your kids with health fitness habits. Birthday party kids group fitness sessions are a popular option.

**Fascial Fitness Tools:** We sell a variety of mobility tools like foam rollers, thoracic wedges, or trigger balls. Check out our display at reception, and ask us about the best option for you.

**Supplements:** We stock a variety of over the counter and practitioner only supplements for general health and targeted support. We sell Collagen powder, magnesium, Vitamin C, Sleep supplements and more. If we don't stock it, we can order it in for you too.

**Essential oil products:** We sell a variety of therapeutic grade essential oil based products like peppermint breath mints, deep heat rub, and order monthly on demand for any non-stocked items you fancy.

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**Your word of mouth is powerful in helping us build our small business. If you refer anyone to us, we'll give you a free session as a thank you. We hope you enjoy your time with us! Please let us know if there is anything we can do to enhance your experience!**