

WELCOME TO RESULTS

RESULTS
TRANSFORMATION CENTER

NAME: _____

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GETTING STARTED

“*At Results Transformation Centers, we want to create an empowering fitness experience and be the best part of our member’s day, EVERYDAY!*”

WELCOME TO THE **FIT FAM**

WHAT'S NEXT?

- 1** Download the Results TC App. Visit resultstc.com/app for detailed login instructions.
- 2** Book the Results Training Session day and time that works best for you. We HIGHLY recommend that you schedule your Corrective Exercise and Meal Planning/ Goal Setting Session within your first week for best results.
- 3** Show up 10 minutes early to your first session to get more familiar with the process. Sign in at the front desk with your Care Coach to pick up your name tag and get checked in for the session. Let the team know that it is your first session so we can introduce you to the FITFAM and show you around the home gym.



Matt before with son, Chris at Disneyland (2001)



KNOW YOUR WHY?

Many years back while in Disneyland with my son - now Coach Chris, daughter, and pregnant wife, I thought I was going to die (the before picture is from this trip). While what I was experiencing felt like a heart attack, I quietly and secretly prayed to God that I would make it home to see the doctor. During that prayer, I secretly promised God that I would do anything required to get healthy. My prayer was answered and I made it home, so I knew I had to follow through!

The rest is a lot of hard work and answered prayers. Naturally, there were a lot of failures, I had a long road ahead of me and no matter how many set backs or failures. I never quit. The moral is simply this: My WHY kept me going. My WHY was huge. My WHY is what made it possible. My WHY is the reason I never quit. My WHY is what got me here today but at any point had I quit, given up or broken my promise, I would never have gone on to lose over 160lbs and certainly we wouldn't have the Results Transformation Centers. My future would have been very dark, but instead my WHY was my light!



WELCOME TO THE FIT FAMILY

My fight against my own obesity is now a crusade to help others and it isn't over. It is just getting started. I have more after pictures to make and I want some with great-grand kids one day. That is my new **WHY!**

This isn't about me. This about you and your **WHY!** Don't lose site of **WHY** you want to be fit and healthy and use that **WHY** as your motivation to do **WHATEVER IT TAKES.**

When you have a big **WHY** (your reason for becoming a member) the **WHAT** (what you have to do to be successful in reaching your fitness goal) isn't such a big deal.

How big is your WHY?

What are your reasons WHY you want to succeed?

Let them be your shining light to guide you to the finish line. Let them be the reason in your toughest moments that you reflect and push on!

-MATT WEAVER

GOLDEN RULES

OF THE RESULTS FIT FAM

- ✓ Be a friendly neighbor. Attend the session you schedule or cancel your reservation online to open the spot for another.
- ✓ Hydration is critical! Don't forget to bring water to each class.
- ✓ Our goal is to make you sweat. Have a towel handy and always wear deodorant.
- ✓ Keep your training floor clutter free. Put your personal belongings in the designated areas.
- ✓ Wipe down the equipment you use.
- ✓ To avoid confusion, always place weights where you found them before, during, and after a workout.
- ✓ We care about everyone's well-being. Get proper rest and recovery when sick.
- ✓ Get the most of every work out. Hustle to every station during your training session.
- ✓ Please provide your full attention while your coaches are speaking. It is important and for your safety that everyone hears their instructions.
- ✓ To provide you the MOST empowering fitness experience, we need all participants to be on time.
- ✓ Get to know others. The Fit Family works as a team to accomplish our goals.

T OGETHER
E VERYONE
A CHIEVES
M ORE!



Perseverance is the hard work you do after you get tired of doing the hard work you already did.

FAMILY

community

ZUMBA

FUN



WHAT IS YOUR **WHY?**

.....

SO WHY DO YOU WANT THIS LIFESTYLE?

List your top 3 goals below. It's important you connect with your goals by being time conscious, specific, measurable, positive, and tying your goals to the true reason you want them—**Your Why!**

Think short-term and ongoing goals. Come back and revisit them as you go along. It will help you focus and give you the motivation to keep going!

GOAL 1 (30+ DAYS): Ex: Work out 3X a week!

GOAL 2 (60+ DAYS): Ex: Run my first 5K!

GOAL 3 (90+ DAYS): Ex: Double my push-ups and pull-ups!

CHANGE YOUR MIND CHANGE YOUR BODY

Here are some favorite quotes from **the Results Coaches!**

Create your own lexicon of words that support your **WHY!**

Your beliefs become your thoughts.
Your thoughts become your words.

Your words become your actions. Your actions become your habits.

Your habits become your values. Your values become your destiny.

-Mahatma Gandhi

Food for fuel, not for flavor.

Everyday is a great day to be at RESULTS.

Don't wait for it to happen; make it happen.

If you're not moving, you're not losing.

**Fitness is like marriage.
You can't cheat and expect it to work.**

NO CHALLENGE = NO CHANGE

I have completed the 6 weeks 20lbs Transformation Challenge and lost 20.2lbs!! There's no words to express how I feel. Results definitely challenged me physically and mentally. The biggest obstacle that I overcame was food cravings. I was able to look pass all the delicious, unhealthy food and drinks I love, which for me was very hard to do. The workouts are extreme and pushes you to the limits. All the coaches are awesome and supportive! I am much stronger now; mind and body. This was a life changing and unforgettable experience for me. I would recommend Results to everyone who feels sick and tired of feeling sick and tired! Thank you coaches and thank you Results!!

~ Marina Sao,

Results Transformation Center – Natomas

It's not a Gym!!! It is a way of life. The Trainers are simply the best...Thank you Kami, Art, Brooks, Stacy, Li, Brandon, & Michael! It took me & my wife 1 class to realize that this is what our mind, body, & spirit needed...besides Jesus, Hallelujah! I joined annually after a Groupon Deal & In 1 month of going to 5 to 6 classes a week I have a bunch of Non Scale Victories or NSV's!

- 1) Reduced blood pressure medication and working to none at all**
- 2) I don't look like I am going to be 49 anymore! 3) Stronger & More Stamina!**
- 4) More Vitality! 5) Toning EVERYTHING!!!**

~ Thomas Blazak – Results Transformation Center – West Sacramento

ADVICE *FROM YOUR COACHES*

.....

WHAT TO EXPECT

ESTABLISH YOUR SUPPORT SYSTEM AND SET YOUR BOUNDARIES

Be prepared to make conscious and healthy decisions that support your goals – even when the people around you don't.

MEAL PREP & EAT ON A SCHEDULE

Most people spend anywhere from 2-4 hours per week cooking and packing meals. Meal timing is the key factor to increase metabolism, fuel lean muscle, and burn stored fat. If you mess with your food timing, you mess with your results.

YOU WILL BE SORE

Schedule a Corrective Exercise Session to address soreness and recovery techniques like using foam rolling and resistance band stretching. There is no need to take anti-inflammatories or NSAIDs. Keep moving, stretching, and breathing. Stretch throughout the day. Walk to get blood flowing. Drink plenty of water to flush out toxins. Take your glutamine!

YOU MAY HAVE HEADACHES

Keep up on your water and drink as much as you can early in the day. Our bodies are busy processing the clean, healthy food we are eating and removing toxins from our lymphatic system. We cannot afford to get behind on water to help transport nutrients and clear waste.

ADVICE

FROM YOUR COACHES

WHAT TO EXPECT

YOU MAY FEEL DRAINED

Establish normal (or better) sleep patterns. Ideally, strive for 8 plus hours as we condition the body physically and mentally. Less sleep equals more stress and less fat loss.

PLAN FOR CONTINGENCIES

No matter how well you think you've planned for pitfalls, things will come up. Have protein powder with you at all times, stash some nuts or dried fruit around the office or in the car.

TECHNIQUE TAKES TIME

If these are totally new movements and workloads for you, take your time. Strive for quality over quantity. It is best not to load a movement that is unstable or incomplete in range of motion. Establish techniques during early rounds and get better as rounds progress. We strongly recommend that you take our Corrective Exercise Session to understand your current physical abilities, how to reduce risk of injury, and improve performance for better results.

SEEING IS BELIEVING

Take weekly pictures (front, side, and back) at home to gauge your own progress as this can be a huge motivator. We also recommend that you take measurements (see page 28) each month to see how your body composition changes.



FOOD LIST

PROTEIN

POULTRY	SEAFOOD	MEAT	OTHER
Chicken	Cod	Bacon	PhysX Protein
Duck	Crustaceans:	Bison	Cottage Cheese
Pheasant	(Lobster, Shrimp,	Ground Beef	Eggs
Turkey	Crab, Oyster,	Elk	0% Fat Greek
	Clam, Mussel)	Lamb	Yogurt
	Halibut	Pork Tenderloin	Milk
	Mahi	Round Steak	Spirulina
	Salmon	Venison	Tofu
	Swordfish		
	Talapia		
	Tuna		

VEGETABLES

Artichoke	Celery	Mushrooms	Spaghetti-Squash
Arugala	Cilantro	Okra	Spinach
Asparagus	Collards	Onion	Sprouts
Beets	Corn	Parsley	Swiss Chard
Boiled Carrots	Cucumber	Parsnip	Tomatoes
Bok Choi	Edamame	Peppers	Tumeric
Broccoli	Egg Plant	Pickles	Turnips
Brussels	Garlic	Pumpkin	Water Cress
Butternut-Squash	Ginger	Radish	Zucchini
Cabbage	Green Beans	Raw Carrots	
Cauliflower	Jicama	Romaine Lettuce	
	Kale	Snap Peas	

Vegetables in **Orange** or **Red** should be treated as Carbohydrate portion for that meal.

CARBOHYDRATES

Beans/Legumes	Quinoa	Sprouted Bread
Brown Rice	Rice Cakes	Sweet Potatoes
Oats	Russet Potatoes	White Potatoes

Items in Orange = Proceed with Caution
Items in Red = Not Recommended for Fat Loss

MEAL PLAN CONTINUES ON NEXT PAGE

FOOD LIST

FRUITS

Apples	Dates	Nectarine	Plum
Apricot	Figs	Orange	Pomegranate
Banana	Grapefruit	Papaya	Reasberries
Blackberries	Grapes	Peach	Strawberries
Blueberries	Honey Dew	Pear	Tangerine
Cantaloupe	Kiwi	Persimmon	Watermelon
Cherries	Mango	Pineapple	

FATS

NUTS/ SEEDS

Almonds	Pine Pistachio
Brazil	Pumpkin-Seeds
Cashews	Sesame-Seeds
Flax Seeds	Sunflower
Hazel	Seeds Walnuts
Macadamia	
Peanuts	
Pecan	

OILS

Avocado Oil
Coconut Oil
Flax Seed Oil
Ghee/Clarified
Butter
Grapeseed Oil
Olive Oil
Sesame Oil

OTHER

Cheese
Cream Cheese
Mayonaise
Sour Cream

CONDIMENTS

HERBS & SPICES

Flavor/Spices	Marjoram
All spice, Anise,	Mint, Nutmeg,
Basil, Bay Leaf,	Oregano Paprika,
Cayenne, Chili	Parsley, Pepper,
Pepper Cilantro,	Rosemary,
Cinnamon, Cumin	Saffron, Stevia
Dill, Fennel,	Tarragon, Thyme,
Garlic, Ginger	Vanilla
Holy Basil, Horse	
Radish	
(Raw), Lavender,	
Lemon Lemon	
Zest, Lime,	

SAUCES

Apple Cider Vinegar	Relish
Balsamic Vinegar	Salsa
Barbecue Sauce	Soy Sauce
Brags Amino Acids	Spaghetti
Fish Sauce	Sauce
Hot Sauce	Tahini
Hummus	Teriyaki Sauce
Ketchup	Tzadiki
Mustard	White Wine
Pesto	Vinegar
Ponzu	

SWEETENERS

Agave, Honey
Maple, Stevia

Items in Orange = Proceed with Caution
 Items in Red = Not Recommended for Fat Loss

NUTRITION

PORTION CONTROL GUIDE

FORGET CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure System instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of veggies
= 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb

NOW, CUSTOMIZE THE PLAN FOR YOU

IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't feeling satisfied at meals
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

THEN START BY ADDING...

MEN: 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.

WOMEN: 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are feeling too full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight

THEN START BY REMOVING...

MEN: 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.

WOMEN: 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

NUTRITION

PORTION CONTROL GUIDE

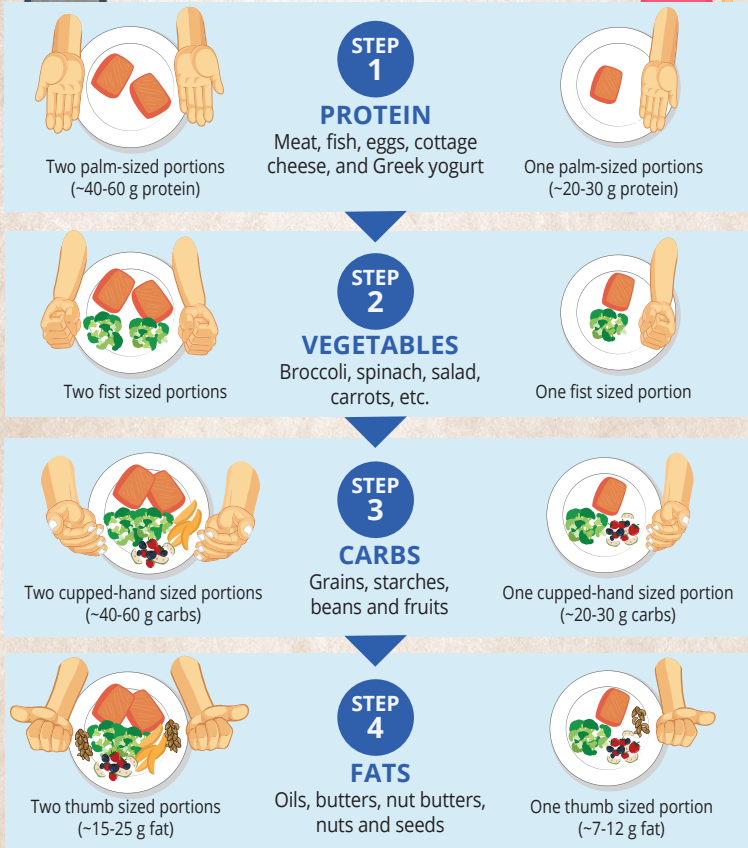
HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE

Depending on Activity and Body Composition Goals You Should Be Eating
4-6 Meals per Day (every 3-4 hours).



4-6 Servings of Protein
4-6 Vegetables per day
3-4 Servings of Carbohydrate OR Fats per day

MEN VS WOMEN



DAILY MEAL PLAN EXAMPLE FOR FAT LOSS

Depending on Activity and Body Composition Goals
You Should be eating 4-6 Meals per Day (Every 3-4 Hours)

- 4-6 Servings of Protein and Vegetables per day for all goals.
 - 3-4 Servings of Carbohydrates or Fats per day for Weight Loss
- *Replenish Carbohydrate within 1-2 hours post exercise.

MEALS	FOOD EXAMPLES	PHYSX SUPPLEMENTATION	TIME
BREAKFAST Protein + Carb/Fat + Vegetable	Egg Whites, Spinach, Salsa, Avocado	Multi (1 capsule) EFA (1 capsule) 21 Day Detox (3 capsules) Thermo Burn A.M. (1 capsule)	7:30 am
SNACK Protein	PhysX Protein Shake Apple	Protein (1-2 scoops) Glutamine (1 Scoop)	10:30 am
LUNCH Protein + Carb/Fat + Vegetable	Chicken, Salad (Romaine Lettuce, Tomato, Onion, Mushroom, Cucumber), Olive Oil and Balsamic Vinegar	Multivitamins (1 capsule) EFA (1 capsule) Thermo Burn A.M. (1 capsule)	1:30 pm
SNACK Protein	PhysX Protein Shake	Protein (1-2 scoops) Glutamine (1 Scoop)	4:30 pm
DINNER Protein + Carb/Fat + Vegetable	Fish, Green Beans, Quinoa	EFA (1 capsule) Thermo Burn P.M. (3 capsules)	7:30 pm
WORKOUT		THRIVE Pre Workout (1 scoop before exercise)	9:00 am
		BCAA's (1 Scoop during exercise.)	

DAILY MEAL PLAN EXAMPLE FOR LEAN MUSCLE MASS GAIN

Depending on Activity and Body Composition Goals You Should be Eating 4-6 Meals per Day (Every 3-4 Hours)

- 4-6 Servings of Protein and Vegetables per day for all goals.
 - 5-6 Servings of Carbohydrates and/or Fats per day for Mass Gain.
- *Replenish Carbohydrate before and immediately after exercise.

MEALS	FOOD EXAMPLES	PHYSX SUPPLEMENTATION	TIME
BREAKFAST Protein + Carb/Fat + Vegetable	PhysX Protein Powder, Milk, Oats, Peanut Butter	Multi (1 capsule) EFA (1 capsule) 21 Day Detox (3 capsules) Thermo Burn A.M. (1 capsule)	7:30 am
SNACK Protein + Carb	Greek Yogurt, Berries	Protein (1-2 scoops) Glutamine (1 Scoop)	10:30 am
LUNCH Protein + Carb/Fat + Vegetable	Steak, Zucchini, Onions, Brown Rice	Multivitamins (1 capsule) EFA (1 capsule) Thermo Burn A.M. (1 capsule)	1:30 pm
SNACK Protein + Carb	PhysX Protein Powder, Banana	Protein (1-2 scoops) Glutamine (1 Scoop)	4:30 pm
DINNER Protein + Carb/Fat + Vegetable	Ground Turkey, Broccoli, Sweet Potatoes, Coconut Oil	EFA (1 capsule) Thermo Burn P.M. (3 capsules)	7:30 pm
WORKOUT		THRIVE Pre Workout (1 scoop before exercise)	6:00 pm
		BCAA's (1 Scoop during exercise.)	

CUSTOMIZE YOUR MEAL PLAN

Template shown is specific to **FAT LOSS** regimen.

MEALS	FOODS CHOSEN	PHYSX SUPPLEMENTATION	TIME
BREAKFAST Protein + Carb/Fat + Vegetable		Multi (1 capsule) EFA (1 capsule) 21 Day Detox (3 capsules) Thermo Burn A.M. (1 capsule)	
SNACK Protein		Protein (1-2 scoops) Glutamine (1 Scoop)	
LUNCH Protein + Carb/Fat + Vegetable		Multivitamins (1 capsule) EFA (1 capsule) Thermo Burn A.M. (1 capsule)	
SNACK Protein		Protein (1-2 scoops) Glutamine (1 Scoop)	
DINNER Protein + Carb/Fat + Vegetable		EFA (1 capsule) Thermo Burn P.M. (3 capsules)	
WORKOUT		THRIVE Pre Workout (1 scoop before exercise).	
		BCAA's (1 Scoop during exercise.)	

RECOMMENDED SUPPLEMENTS



PhysX Sports Nutrition, located in Sacramento, CA, has been developed for those looking for the very BEST Sports Supplements available! Our team of health & fitness professionals designed PhysX Sports Nutrition with our clients in mind knowing that they are expecting great flavors, solid formulas and ingredients that actually work. PhysX is designed to be used in conjunction with a healthy diet and exercise to improve performance and achieve your BEST physique! All of PhysX Sports Nutrition products are manufactured in a GMP-certified manufacturing facility. The certification allows us to ensure quality at the highest level. In addition to this, all of our ingredients are tested by an independent 3rd party lab before they are even brought into the facility for manufacturing.

PHYSX WHEY PROTEIN ISOLATE is the cleanest non-hormonal whey protein isolate available and is certified NON-GMO. Whether you are looking to gain pure lean muscle mass, melt off the fat while maintaining muscle, or just maintain a health balanced body there is no better choice than PhysX Whey Protein Isolate. Whey Isolate is superior to Whey Protein concentrate due to the removal of excess sugars & fats which leaves you with a more refined, easily digested protein!



PHYSX SPORTS NUTRITION WOMEN'S MULTI delivers a high potency of multiple vitamins with an added herbal complex scientifically formulated for Women. The Women's Multi is enhanced with Calcium and Magnesium to strengthen bones. Keeping a women's body in balance is essential for optimal performance and you accomplish this by supplying it with a vast array of essential vitamins and minerals. Any deficiency in even 1 of these key vitamins or minerals could impact physical performance.



PHYSX SPORTS NUTRITION MEN'S MULTI delivers a high potency of multiple vitamins with an added herbal complex scientifically formulated for men. The herbal complex powered by Saw Palmetto, ZMA and Tribulus which are key ingredients with proven health benefits for men. Keeping your body in balance is essential for optimal performance and you accomplish this by supplying it with a vast array of essential vitamins and minerals. Any deficiency in even 1 of these key vitamins or minerals could impact physical performance.



PHYSX EFAS are essential fatty acids- meaning they are nutrients that cannot be manufactured in the body, therefore, must be obtained through diet. They are the starting point - or the mortar and brick - for manufacturing all other fatty acids and hormone precursors necessary to support and build strong lean muscle while increasing stamina required for fitness and bodybuilding. They are considered the “good” fat that are also key components of many other physiological processes in the body.



PHYSX L-GLUTAMINE will give you that additional anti-inflammatory boost for recovery. L-Glutamine is the most abundant amino acid in the body. More than 70% of your muscle is made of L-Glutamine which is why this is one of the most important amino acids you can take.



PHYSX BCAA has been scientifically formulated to speed up recovery following your workout! BCAA’s are great to take during your workout because of its muscle sparing capability. What does this mean for you? All that muscle that you have worked hard to gain won’t be lost. PhysX BCAA will aid in increasing lean muscle mass while decreasing body fat! L-Glutamine added for increased recovery. Zero Carbs. Zero Sugar. Zero Calories.



21 DAY DETOX This is an all natural fiber and herbal blend intended to clean out the digestive tract and optimize kidney and liver function. Poor eating habits can cause on average 3-7 pounds of waste to accumulate inside organ walls. This blend allows for body to eliminate such build ups so you can absorb and digest foods better, thereby speeding up your metabolism.



THERMOBURN RX AM & PM formulas are the perfect stack to keep your body burning fat 24 hours a day! The AM formula has been scientifically developed to increase energy and boost metabolism while releasing stored fat for energy. The PM formula is designed to promote fat burning during sleep while helping your nervous system better recover.



THRIVE PRE WORKOUT is specifically formulated to improve Energy Levels, Endurance, Strength, Recovery, and Focus when taken before exercise. This is the supplement that will take your body and workouts to the next level! Count on the most pure form of Caffeine (caffeine Anhydrous) and Beta Alanine to get you the boost you need to get going and keep going so you can make the most out of your work out each and every day.



CLASS REGISTRATION

IT'S EASY TO REGISTER FOR YOUR CLASS

To register for classes, download the Results TC app, available in the App Store and Google Play.

Your log-in info will be sent to you with your welcome e-mail.

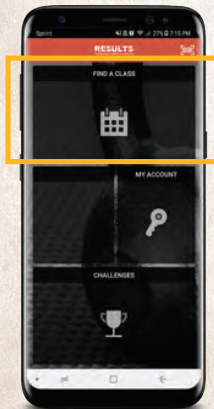
Visit resultstc.com/app for detailed log in instructions.

Register for at least a week's worth of sessions because they fill up quickly. Here are step by step instructions using your phone app:



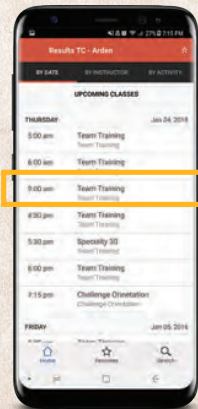
STEP 1

Launch the Results TC app, then tap 'FIND A CLASS'



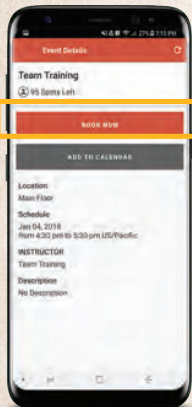
STEP 2

Tap to select an upcoming class



STEP 3

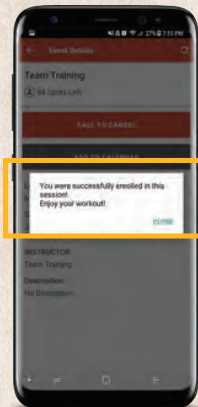
Tap 'BOOK NOW' to register for a class



STEP 4

Receive your confirmation

Enjoy your workout!





WHAT IS MYZONE?

PHYSICAL ACTIVITY BELT

Unlike other activity trackers that only count steps and estimate calories burned, the MYZONE belt monitors your heart rate to determine effort exerted during exercise. The technology guarantees accurate and personalized feedback that will help you make the most of your workouts. MYZONE also features a unique point system that levels the playing field by rewarding effort no matter how fit you are.

LIVE FEEDBACK INSIDE THE FITNESS CLUB

When you wear your physical activity belt within a MYZONE enabled section of your club, your information will be streamed to display in the form of a color-coded, easy-to-read tile, which motivates you to put in the effort required to get the results you want.

THE MYZONE APP

The free MYZONE App makes it easy for you to stream your activity, upload your data, and review your results from your smartphone. The app allows you to monitor your activity calendar, workout graphs, and challenges. You can also up-load personal before and after photos and keep a picture food diary.

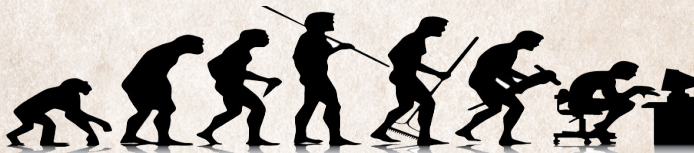
LIVE FEEDBACK OUTSIDE THE CLUB

The MYZONE MZ-3 Belt provides all the MYZONE benefits outside your club by pairing with the MYZONE app to serve as your portable tile. Users of the MZ-50Watch may also view their data on the go.



WHY IS CORRECTIVE EXERCISE SO IMPORTANT?

If you drive a car, sit for more than an hour at a time, own a smart phone your body has long been compromised in posture. You **NEED** Corrective Exercise **DAILY**. Learn more on how the body is designed to move and the best restorative techniques to optimize your efforts long term.



REDUCE INCIDENCE OF INJURY.

Map out pre-existing Injury and Safe Functioning Thereof.

Asymmetry is the #1 cause of injury. We naturally have dominant sides and preferences. This will offset opposing muscle groups with excessive force on structures simply not designed for that kind of undue stress-often leading to injury.

EXPEDITE RECOVERY AND RELIEVE MUSCLE SORENESS:

Coaches will help familiarize you with tools and strategies to improve blood flow and increase range of motion (ROM).

IMPROVE PHYSICAL PERFORMANCE & LONG TERM RESULTS: $\frac{1}{2}$ squats will get $\frac{1}{2}$ results. $\frac{1}{2}$ push ups will get $\frac{1}{2}$ results. Cheat just an inch with every rep, every day- and you will end up a mile short at the end. Movement quality for complete range of motion BEFORE introducing additional workloads will always last longer, stronger, and yield better results ongoing.

Check out resultstc.com/correctiveexercise for a sneak peak, book
 a Corrective Exercise Session on your app today!

FAQS

Q. WHICH SESSION DO I SIGN UP FOR?

A. Team Training Sessions will be your primary activity session throughout the week. You will also notice auxiliary sessions like Meal Planning and Goal Setting, Corrective Exercise, and Results Signature Sessions- all designed to compliment your general sessions with a 30 minute specialty focus. As a member you have the ability to book any session at any time that best fits your goals and schedule. For a complete list of Results Signature Session descriptions and availability visit resultstc.com/signature

Q. IS IT NORMAL TO FEEL HUNGRY/ STARVED BETWEEN MEALS?

A. You should never go hungry or hangry. This process is about recalibrating the body to understand energy (caloric) balance by providing the fuel sources it needs, when it needs it. Processed foods interfere with the body's natural mechanisms that regulate hunger or satiety. Single ingredient whole food sources allow the body to function properly to crave what it needs, when it needs it. The first pang of hunger is typically a thirst signal. Water up to hold you over until scheduled meal time. Increase veggies per meal. Ensure portion sizes are appropriate. You may consider increasing meal frequency at that time if feelings persist.

Q. HOW MUCH WATER SHOULD I BE DRINKING?

A. 1-2 gallons per day on average. Water is our catalyst for change- it is responsible for delivering nutrients throughout the body and transporting waste out- don't slow down the process for change! Factors that can affect demand for water include: weather, activity levels, foods you eat, supplementation, medications etc. There should be no tint of color to your urine when properly hydrated. It is not uncommon to eliminate more than once every couple of hours. For flavor try an extra scoop of PhysX BCAA's into your gallon for the day, or mint / cucumber / strawberry etc.

FAQS

Q. HOW DOES COFFEE AFFECT MY PROGRESS?

A. Chronic excessive caffeine consumption will tax your adrenal system, interfere with sleep/rest cycles, and offset acidity within the body- all of which mean an increase to stress hormones and a less conducive environment to fat loss. Cream, sugar, and whatnot in your daily dose of coffee will indeed impact your goals more immediately (caloric excess). However, coffee and weight loss can co-exist. If you “must coffee” it is recommended you increase daily water intake by an additional 4 cups of water for every cup of coffee. Try mixing in your PhysX protein shake instead of creamer or sweeteners. Or replace coffee with green tea for improved metabolic rate and anti-oxidant benefits.

Q. HOW DOES ALCOHOL AFFECT MY PROGRESS?

A. Alcohol and Weight Loss, or Lean Mass Gain for that matter, do not co-mingle very easily. Most people would consider themselves very successful to be able to work hard enough during the week with activity and meal planning in order to enjoy a few drinks over the weekend and break even. If your goal is for better than break-even it is recommended to reduce consumption or eliminate it for a period of time in order to accomplish your goals, then reconsider. For further insight on the matter visit <https://www.precisionnutrition.com/quit-drinking>

Q: AS A WOMAN, IF I LIFT HEAVY WEIGHTS, WILL I DEVELOP A MANLY PHYSIQUE?

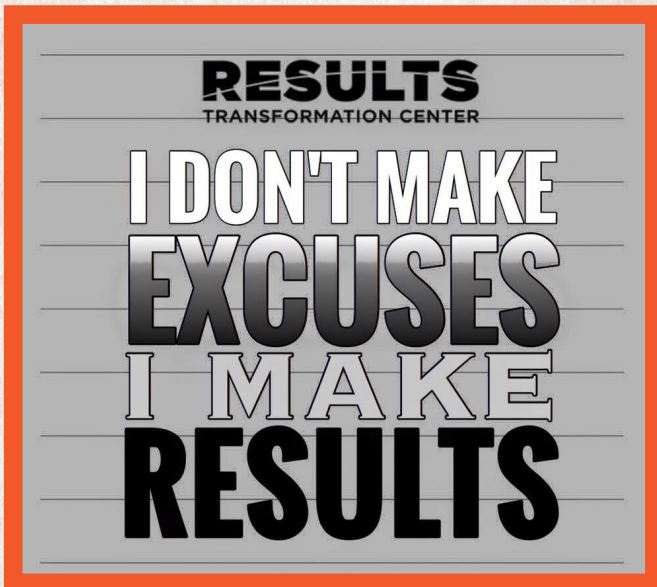
A: Lifting heavy will not cause women to gain muscle mass. The stronger muscle fibers in women will increase in density (tone), not in size. Gaining mass is not possible in a caloric deficit. Read more about the truth here: <http://www.muscledandstrength.com/articles/female-myth-lifting-makes-you-look-like-a-man>

Q: COACH, I AM UNHAPPY WITH MY PROGRESS. SHOULD I WORKOUT TWICE IN A DAY?

A: It is not recommended. Overexerting yourself on back-to-back sessions can have the opposite effect and cause your body to store fat. If your nutrition intake is executed on perfectly as planned look to some additional metabolic work after your session using the accountability list (see page 27). No more than an additional 30 minutes of High Intensity Interval Training (HIIT) is advised. Work hard to make every rep of your workouts count. We always encourage using a MYZONE Heart Rate Monitor for detailed feedback on energy output.

ACRONYMS

AMRAP	As many rounds as possible in a given work period of time.
EMOM	A certain number of a movement repeated. Every Minute On the Minute.
NSV	Non-Scale Victory. NSV's are fitting into a pair of jeans you haven't worn in years or receiving an unexpected comment on your new physique. Share your NSV's openly within the Facebook group!
STTFP	Stick to the F __ Plan (sometimes it's Food, Fitness Plan, & sometimes it's another F__ plan).
RED LIGHT	A movement pattern showing asymmetry, compensation, or restriction- should not be loaded (MODIFY)



ACCOUNTABILITY

LIST

While we commit to create an empowering fitness experience for you every day, your accountability to your program is the glue that sticks your commitment to your RESULTS. Hold yourself to it and have fun along the way. Hold yourself to it and have fun along the way!

WHAT HAPPENED?? YOU...

- **WERE LATE TO CLASS - 1 POINT PER MINUTE**
(TO BE FULFILLED PRIOR TO GRANTED ENTRY INTO CLASS SESSION)
- **YOU LEFT EQUIPMENT OUT OF PLACE - 1 POINT PER TOOL**
- **DIDN'T SIGN UP FOR A CLASS (CRASHING A CLASS) - 5 POINTS**
- **USED THE WORD CAN'T - 5 POINTS**
- **BEHIND ON A WEEKLY GOAL - 7 POINTS A DAY**
- **MISSED YOUR SESSION - 10 POINTS**

REDEEM YOURSELF...

- | | |
|--|--|
| • 1 SLED PUSH (DOWN AND BACK) | • 25 ROPE SLAMS |
| • 1 MINUTE OF MOUNTAIN CLIMB | • 25 BALL SLAMS |
| • 1 MINUTE OF HIGH KNEES | • 30 KETTLE BELL SWINGS |
| • 1 MINUTE HANG TIME ON MONKEY BARS | • 30 WALL BALL OUTSIDE |
| • 1 LAP SKIP AROUND THE BUILDING | • 50 ICE SKATERS (PER SIDE) |
| • 2 LAPS RUN AROUND THE BUILDING | • BEAR/BALL CRAWL
(LENGTH OF GYM DOWN & BACK) |
| • 2 MINUTES PLANK HOLD | • 100 JUMPING JACKS |
| • 10 TURKISH GET UPS
(HALF PER SIDE) 10% BW | • 100 BODY WEIGHT SQUATS |
| • 20 GLADIATOR GET UPS
(HALF PER SIDE) 10% BW | • TABATA BIKE SPRINTS
20 ON 10 OFF X8 |
| • 25 BURPEES | |

BEFORE + AFTER



BEFORE www.results20.com **AFTER**



BEFORE www.results20.com **AFTER**



BEFORE www.results20.com **AFTER**



WEEK 0 www.Results20.com **WEEK 18**



WEEK 0 www.Results20.com **WEEK 18**



BEFORE www.results20.com **AFTER**



WEEK 0 www.Results20.com **WEEK 18**



BEFORE www.results20.com **AFTER**

MEASUREMENTS

Measure your progress at home

Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

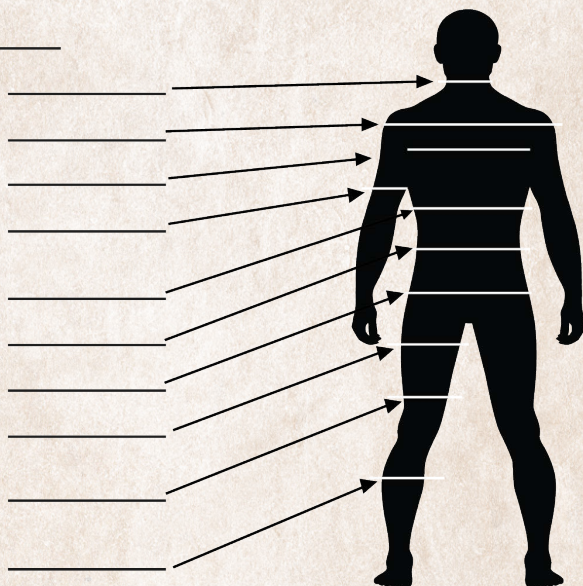
Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____



Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____

Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____

Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

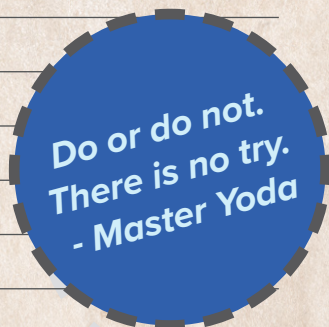
Calf _____

"Life isn't about finding yourself, it's about creating yourself."

NOTES



A series of horizontal lines for writing, starting below the dotted line and extending to the bottom of the page, with a circular graphic overlapping the bottom right corner.



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