



## Welcome to the Spark Family!

We're so excited that you're considering joining the Spark Family. We get it, walking into a gym can be intimidating and that's why we strive to make everything as easy as possible. That's why we have created this document in order to give you a peak into what coming to [SFP](#) will look like. Please read this document thoroughly so you know exactly what to expect during your first visit and as you begin your journey.

### It begins with you!

The first thing that must happen is that you have decided to commit to be better. Once you've decided to take this step then the next one is the simplest but sometimes the hardest. Just reach out to us to schedule a time to come in and talk to us about your goals and how we can help you achieve them. We're available on pretty much every platform so feel free to call, email, or message us on social media to set up your first session.

### Initial Session Structure:

- Start at the front desk/kiosk
  - Input your information in the kiosk. This is where we get to know a little bit about you and gather generic information. (If you are not 18 you will need a legal guardian over the age of 18 present)
  - Discuss Goals and Expectations
  - Give a brief explanation of how our program works
- Transition into Warm up Area
  - Initial airdyne ride to loosen up while we continue to learn more about you
  - Basic movement screenings through selected exercises
  - Complete thorough warm-up
- Light Strength Training
  - Perform some light lower body, upper body, and core exercises
  - Evaluate any issues while performing these movements
  - Further explain some of the basics of our program
- Light Cardio Session
  - Perform a short metabolic session designed to get your heart rate up
  - Reduce soreness and loosen up from the previous strength session
  - Perform cool down to reset
- Return to the front desk/kiosk
  - Get feedback from your experience and any concerns you may have
  - Discuss recommended training frequency
  - Confirm the next visit and what to expect during your next session

## Your next session

The next session when you come in will be our day two introductory session. This is another total body workout designed to hit those areas we didn't get too on day one. This also ensures that you won't be doing the same movements back to back. After your 2<sup>nd</sup> introductory session then it will be time for you to progress into our normal programming that you will find on the board in the gym. After your session we will have an initial discussion about nutrition

## Our programming

Our programming can be found on the workout board in the middle of the gym. It's designed to target all the areas of your body and give you a total workout. The program is sequential and broken down by days not days of the week. What does this mean? Well, this means that if it's your first day to the gym whether it's Monday, Tuesday, or even Wednesday then you will do the day 1 workout and the second day the day 2 workout. There's a purpose behind our programming and this makes sure you are getting the most out of it regardless of when you come.

## Nutrition

Nutritional guidance is part of your package with SFP. After your first session we will want you to track your food intake for a week. We will help you set up a program that accomplishes this. We DO NOT want you to change the way you are eating during this week. This is going to allow us to get a base line and see what you are eating and what challenges we need to work on. After this week then we will set up calorie and macronutrient goals for you to hit each day. The big thing to remember is that this is going to be a process. This is not a diet, this is nutrition.

## Frequently Asked Questions:

### **How long is the initial session?**

The initial session usually takes about 60 minutes complete. We ask that you kindly show up around 10 minutes prior to your appointment time in order to fill in your information at the kiosk desk.

### **What should I bring?**

All you need to bring are some comfortable workout clothes and plenty of water. Also, a legal guardian if you're under the age of 18

### **Will I leave with a program on day one after the initial session?**

No, you will be given a program after your evaluation has been completed.

### **Will I be coached on a one to one format following the initial visit?**

SFP operates on a 5:1 client to coach ratio on the gym floor at any given moment. While clients are not specifically assigned to coaches in a one-on-one format, all exercises and movements will be supervised during a typical training session. The first couple of weeks at the start of the program will be particularly coaching-intensive. You will soon become familiar with the training and environment as you function within a 5:1 coach to client ratio.