

BODEEZ CLIENT TUTORIAL PROGRAM



This tutorial program has been exclusively developed by Building Bodeez Fitness Center's personal trainers in conjunction with the fitness staff to help make your fitness experience more comfortable, familiar, and rewarding. Our goal is to help you realize your fitness goals by providing a thorough, customized introduction to the Building Bodeez equipment and environment by utilizing the basic elements of exercise with proper anatomical guidance.

BUILDING BODEEZ FITNESS CENTER

724.739.0105

buildingbodeez@gmail.com

LEAD TRAINER and OWNER: Shawn Horwat

(Personal cell) 412.480.8997

Please utilize these numbers to make appointments for
Tutorial Program. ○ Console Orientation

Hour #1

- Review of BBFC Membership Amenities
- Review of Personal Exercise and Medical History
- Discussion of Personal Weaknesses and Strengths
- Discussion of Personal Goals and Outside Priorities
- Target Heart Rate Training Zone
- Warm up and Cool Down Options
- Stretching Importance and Options
- **CARDIO DEMONSTRATION**
 - Quickstart Program

Hour #2

- Review of Above and continuation of NAUTILUS ORIENTATION
- Circuit Etiquette
- Machine Names
- Muscles Utilized
- Demonstration and Practice
- Use of Key Training Concepts/Tips
- Personal Settings
- Review and set-up of Personal, Customized Circuit Card
- **CORE OPTIONS**
- Customized Workout Regime

All Gym members are permitted to utilize Personal Training Staff for **2 ABSOLUTELY FREE One Hour Sessions** upon purchasing a month to month membership.

Tutorial Sessions are by Appointment only.
