



Get the extra nudge you need To reach your fitness goals

Evaluation, Assessment, Goal Setting, Accomplishment

Your transformation is our passion

- Looking to hire someone to work with you individually for greater results?
- Maybe get together with a small group?
- Keeping your cost down?

[1]: What We Do!

Personal training is a great way to see faster results. RIOT offers classes for every fitness level. Whatever your fitness goals are: lose weight, increase strength the you want, get stronger, have the shape, tone or build muscle, sculpt your physique, sports conditioning, or.... RIOT has classes including Functional Training, Youth Programs, Taekwondo and Personal Training to help you or your kids reach those goals.

- RIOT designs your personalized sessions on your unique strengths, weaknesses, style and goals. With focused attention and constant encouragement, we keep changing it up so you'll see results you never thought possible. Combined with RIOT Martial Arts, Group Fitness, and Nutrition programs, you will reach your fitness goals.
- RIOT designs personal and group fitness programs tailored to each individual's goals, while offering a variety of progressively challenging training modalities.
- RIOT helps prevent plateaus, maintain motivation and helps you accomplish your fitness goals with maximum results.
- RIOT is extremely dedicated about helping individuals achieve their fitness goals safely and effectively and we believe that with an intense, yet flexible approach, we can help you achieve optimal results for your time and effort invested.

- RIOT personal training is a great way to manage risk factors for faster results. RIOT offers coaching, training and classes for coronary heart disease, coronary artery disease, metabolic syndrome, arthritis, osteoporosis, blood pressure, stroke, diabetes, asthma, cancer, neuromuscular disorders, and more

[2]: What You Can Expect from RIOT:

By definition, a RIOT personal fitness trainer is *a fitness professional possessing the knowledge, skills and abilities for safe and effective exercise and fitness program design, instruction and assistance for the purpose of reaching personal health and fitness goals.*

RIOT personal trainers are more and more recognized as being a real and active part of individual goal setting and health and fitness achievement.

Passion, purpose, caring and coaching is what you get with RIOT.

[3]: RIOT personal trainers have:

1. Knowledge of human anatomy and the concepts of functional exercise, basic nutrition and basic exercise science
2. An ability to design individual and group exercise programs tailored to the needs and attainable goals of specific clients
3. An ability to conduct and understand the need and importance of screening and client assessment, initially and progressively
4. An ability to execute individual fitness program design in a safe and effective way
5. A desire to help clients reach their health and fitness goals through appropriate cardiovascular, flexibility and resistance exercise and training
6. An ability to motivate others to improve their overall fitness and health
7. A dedication to maintaining personal integrity and your own health and fitness

Your RIOT personal trainer delivers safe, effective, fun and interesting workouts (in that order) to all fitness-training clients. The training programs are varied and progressive, and geared toward improving your health and wellness. As a trainer, we are enthusiastic and supportive, so that our clients remain interested and stimulated, which helps ensure they stick with the program — and with us.

[4]: RIOT personal trainers offer:

- Cardio training, strength training and flexibility training with motivation and support
- Body assessments every 2 weeks: weight, body fat %, measurements, progress photos
- Body performance assessments: strength, cardio endurance, flexibility, etc.

- Customized workouts based on your specific goals
- Supplementation and nutritional planning and coaching
- Fitness goal setting and tracking
- Tae Kwon Do-Martial Arts Training and Coaching
- Self-Mastery and Lifestyle Coaching
- A Judgment-free and safe environment

[5]: Personal Training programs are designed to work for everyone:

- **30-minute: High intensity programs** for when you're busy, or simply want to feel like you've had an hour-long workout in half the time. Clients training with us may use our treadmills and elliptical trainer.
- **60-minute: The traditional workout program** for when you have the time, have an injury, or just want to take it slow. Includes post-workout stretching – and twice the positive reinforcement and encouragement.
- **Goal-setting**, program planning and before/after body **measurement**.
- **Solo or Partners:** Work out by yourself or with a friend. It's all good, and it's all fun.

RIOT is a team of highly experienced, certified, health and fitness consultants located in Daly City and San Francisco. It is available to most San Francisco Bay Area clients seeking health and medical review and fitness assessment, fitness training, design, implementation and evaluation, nutrition and weight management programs with a dedicated and knowledgeable fitness coach or consultant. What's more, we are ridiculously committed to helping our clients achieve not only their health, fitness, wellness and martial arts goals, but far beyond what they ever imagined possible

[6]: One-on-One Personal Training

A customized RIOT program is created based on your needs, fitness level and goals. Learn proper form, utilize your time efficiently, learn about proper supplementation and gain clarity on nutrition. Daily FaceBook messaging, weekly e-mails or phone follow-ups are included to monitor your progress, offer encouragement and help hold you accountable.

[7]: Small Group Training

Get the individualized attention of personal training at an economical cost. Workout with your friends, partner, spouse or other fitness-minded people and share the fun and fitness challenge! Having workout buddies can help to motivate you, and it's great to have someone to share the rewards with. Get focused and take your fitness to the next level.

[8]: WHAT RIOT DOES NOT DO

While personal trainers often assume multiple roles with their clients — which sometime include being a coach, cheerleader or confidant, there are some responsibilities that personal trainers should avoid. For example, RIOT:

1. DOES NOT give medical advice, physical therapy advice or attempt to make a medical diagnosis
2. DOES NOT provide body massage to clients, or any similar service that can be construed as inappropriate touch
3. DOES NOT serve as a psychological counselor to clients or become intimately involved in personal client relationships
4. DOES NOT have a romantic or inter-personal relationship with a client
5. DOES NOT push our preferences for fitness goals on clients who do not seek out those same goals
6. DOES NOT Allow our credentials, liability insurance and other trainer business standards/practices become non-existent

[9]: TRANSFORM YOUR FITNESS EXPERIENCE WITH LOCAL OPTIONS

- **Indoors:** Train in our Mission Street studio
- **Outdoors:** Fresh air, scenery and lots of jealous people in work clothes passing by.
- **In-home training:** We'll come to you! It doesn't get much easier than this.

When you're ready, we're here.

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity.

For more information about this topic, please call **650-992-3939**.