



I AM INTERESTED IN WORKING WITH A RIOT PERSONAL TRAINER BUT I HAVE THESE QUESTIONS

Introduction:

[Q]: How do I inquire about a RIOT personal trainer?

[A]: Call 650-992-3939 if you are interested in training at RIOT just stop by and ask to speak with us.

[Q]: What is the refund/cancellation policy for Personal Training?

[A]: All RIOT Personal Training sales are non-refundable. There is a 24 hour cancellation policy.

[Q]: What is a Fitness session? And how do I schedule my complimentary session?

[A]: RIOT offers all new clients one complimentary session. A fitness session is a complimentary personal training session tailored to what YOU want. RIOT trainers specialize in many different areas such as:

- * Coronary Risk Factor and Physical Fitness Coaching
- * Body Composition Testing and Coaching
- * Behavioral Change Training and Coaching
- * Medical Screening
- * Exercise Physiology Training and Coaching
- * Physical Fitness Assessments Training and Coaching
- * Goal Setting Training and Coaching
- * Resistance Training and Coaching
- * Exercise and Safety Training and Coaching
- * Cardiovascular Training and Prescription Coaching
- * Flexibility Training and Prescription Coaching
- * Nutrition Training and Coaching
- * Taekwondo Training and Coaching
- * And much more.

To schedule your complimentary Fitness session, please call 650-992-3939 if you are interested in training at RIOT just stop by and ask to speak with Michael Kissinger. He will gladly match you up with a trainer that best fits your needs.

[Q]: Where is your studio located?

[A]: 6000 Mission Street, Daly City, California

[Q]: I currently belong to a gym. Can you come to my gym to train me?

[A]: Yes

[Q]: I want to workout at home, but I don't have any equipment.

[A]: Will I be able to accomplish anything? Yes

Qualifications

[Q]: What kind of certification and education do you have?

[A]: The Cooper Institute CI-Certified Personal Trainer, Kukkiwon Black Certification

Getting Started

[Q]: Once I begin, am I obligated to continue?

[A]: Yes

[Q]: Do you travel outside of the San Francisco Bay Area?

[A]: Yes

Nutrition

[Q]: Is nutrition important with this training?

[A]: There is a hierarchy to the development of a strong immune system which begins with diet/nutrition, exercise and rest. Followed in proper order your body receives the most powerful signals we can send to our body that life is good. In response to these signals your immune system becomes stronger and highly efficient, providing multiple defenses against any invasion of outside invaders – a.k.a bacteria – that would love to invade your body.

Being deficient in nutrition will set you back in every way imaginable therefore diet should be the first focus for anyone hoping to improve physical well-being. Nutrition is key in anybody's life, whether you're a professional athlete or working at a desk. It's about 60% of an athlete's lifestyle. There is no doubt that food and diet have always had an important connection to maintaining good health and preventing illness. Those who study nutrition believe that "you are what you eat," and they bolster that belief with scientific evidence that a sound diet will profoundly impact your overall health and performance during day-to-day life.

Achieving Results

[Q]: I have done everything, but I still can't lose weight. Is there anything you can do for me?

[A]: Yes

[Q]: I've have been working out on my own for a long time, but have stopped making any progress in muscle gain. Can you help me?

[A]: Yes

[Q]: After I start working with a trainer when will I begin to see results?

[A]: Almost immediately

[Q]: What can I expect to achieve?

[A]: You can expect to drop inches and pounds while becoming more fit and toned. On average you'll drop 4-8 pounds, 1-2 dress sizes, and 2-5% body fat every 30 days. The program includes exercises designed to firm your butt and thighs, flatten your stomach, tone your muscles, increase endurance, reduce body fat and increase confidence

[Q]: What is RIOT Boot Camp anyway?

[A]: A RIOT Boot camp is a health, fitness, wellness and Taekwondo program that includes top notch fitness instructions, nutritional guidance and motivational training all designed to get you in the best shape of your life in the shortest, safest possible time regardless of your current fitness level. We are NOT a military style boot camp and will not scream in your face, or force you to do something you feel could result in injury. RIOT uses positive motivation to help you push your limits to accomplish what you did not think was possible.

[Q]: What makes RIOT Boot Camp different from other ones?

[A]: Everything is geared toward YOU as an individual. RIOT accommodates members of ALL fitness levels, because we always give modifications for beginners, as well as for advanced members. We know who you are personally, what your goals are and how to get you there.

RIOT programs are also unique because we are focused on more than just the physical aspect of fitness. We understand that to achieve your goals. We must address not only your body, but your mind and spirit as well.

[Q]: Will I be given a "diet" to follow?

[A]: Diets don't work. But healthy eating habits do! We will give you nutritional guidance and suggest healthier alternatives to the foods you enjoy. Our goal is to help you achieve a lifestyle change, not a temporary one.

[Q]: I feel a little nervous about getting started. I have never done anything like this before.

[A]: Many of our new clients felt that way – it's completely okay. What we find is after you meet us, you will feel exceptionally comfortable with us and our training approach. We are guided by a simple passion for helping people. We thrive by educating members and designing programs that take them well beyond their goals, beyond what they ever thought was possible.

Session payment and cancellation policies

[Q]: Do you accept credit cards?

[A]: No but RIOT accepts PayPal

[Q]: What if I cancel a session?

[A]: A 24 Hour Written Notice is required or you will be charged for that Session

[Q]: What happens if I am late for a session?

[A]: Time will be allocated and deduced from your normally scheduled session

Frequency and duration of the training sessions

[Q]: How many sessions per week are necessary?

[A]: Recommended you attend 2-3 sessions per week

[Q]: I can work out on my own, but I need to learn what to do and how exercise correctly. Will you work with me on this basis?

[A]: Yes

[Q]: What if I can't attend all the days offered?

[A]: Some exercise is better than no exercise. So if you can't make it four days a week, do your best to attend two or three days a week. We have seen members achieve significant results while attending three days a week.

[Q]: What if I'm too busy and don't have time to come?

[A]: "I don't have time" really means "I'd like to procrastinate a little longer." The truth is that you can make time if you really want to change the way you look and feel. Ask yourself this: Am I finally ready?

[Q]: What do I need to bring?

[A]: Just bring a water bottle, sweat towel, mat, uniform, and a positive attitude for regular personal fitness classes. A uniform is required for all Tae Kwon Do classes! We'll provide all the equipment, motivation, and accountability you'll need.

[Q]: How is this different than my local gym?

[A]: A RIOT program designed to get you in the best shape of your life in a fun and motivating atmosphere. Unlike a traditional gym, you won't encounter intimidation, overcrowding, broken down equipment and staff that could care less if you get results. Most gyms will sign you up and forget about you. Accountability, goal setting and motivation are the reasons we get fantastic results! No gyms can offer that.

[Q]: What is the difference between a Boot Camp and a regular Fitness Class?

[A]: First of all, our boot camps guarantee results if you follow our instruction! You won't find any fitness programs that would do that. The second difference is: In a fitness class, the teacher will work out with you and do basic forms of aerobics (which have been proven to NOT be effective at burning fat) A typical fitness class is a good program to do on the off days of this program. It keeps you active and helps you burn a couple of extra calories.

In your RIOT Boot Camps you will be coached and trained by expert Professional Personal Trainers, making sure you are doing the exercises safely and effectively so your body can reap the benefits. With RIOT boot camps you only pay a tiny fraction of that cost while being surrounded by like-minded people all focused towards hitting their fitness goals.

[Q]: Can I pay per workout or just when I come?

[A]: No. You need and want to exercise consistently, right? We've found that the second best motivator is knowing that you are consistently paying for your training. The best motivator is knowing that you're going to have a ton of fun once you get to boot camp and meet your new friends for another life changing workout!

[Q]: What is a typical day like at boot camp?

[A]: FUN! Since each workout program is intentionally different to avoid boredom and to give you maximum results in minimum time, it's difficult to describe a "typical day." You can expect some light running, resistance training, obstacle courses, core training, body weight, and team training.

[Q]: How soon will I see results?

[A]: Performance improvement can happen in as little as a couple of days. "Visual Improvement" can take from 2-4 weeks depending on your effort level.

[Q]: What types of people go to boot camp?

[A]: They are people just like you. Whether you have a few stubborn pounds to lose or 50 plus pounds, you'll find a RIOT Boot Camp is the perfect program to help you achieve your fitness and weight loss goals! Everybody is there working towards one common goal: To achieve a better quality of life. How cool is that?!

Other Questions and Registration:

[Q]: What if I have other questions?

[A]: You can always call us at **650-992-3939** or email us at master@reitenbachstaekwondo.com

[Q]: How do I register?

[A]: **Call us at 650-992-3939** or email us at master@reitenbachstaekwondo.com