



## Live the Life and American Dream You So Truly Deserve

Once you have determined that you want to become fit, you will want to begin your fitness routine. The way you get started will ultimately depend on your personal goals and your current level of fitness. Although most people think of classes and specific activities (such as jogging or tennis) as the way to fitness, there are many other variables in which you can work activity into your life. Consistent frequency, intensity, and duration are the key to success!

RIOT personal trainers are fitness professionals that will work with you one-on-one, or in a group setting. The right personal trainer will educate you about health, exercise and nutrition - they will get you on the right track to better health, strength and a better physique.

After our personal trainers conduct an assessment, they will work with your schedule and budget to develop a fitness and dietary program that's right for you. They will plan a safe and motivating program to help you achieve your fitness and weight loss goals. RIOT receives reviews from others who have participated in a personal training program, so you'll know which personal trainer is best qualified to help you reach your goals!

Most clients begin with personal training for a series of 24-36 sessions. This is where you will work with us to build your general fitness base, gain familiarity with movements and see improvements in your cardiovascular endurance as well as muscular strength and endurance gains. You will find the greatest success with personal training if your needs or goals include:

- Weight loss and improved body composition
- Extra accountability
- You have generally been sedentary
- You are new to exercise
- You are referred to us by a physician, physical therapist or chiropractor
- You have specific performance oriented goals (triathlon, basketball, etc.)
- You have significant health or orthopedic issues

Fitness Goals RIOT focuses on include: Weight Loss, Firming and Toning, Weight Gain and Muscle Building, Endurance Training, Sport-Specific Training-Tae Kwon Do-Martial Arts

Training Locations include: Gyms, Fitness Centers, Homes, and Outdoors

### **Worth every second! Worth every cent!**

Reach your fitness goals. Whether preparing for a race, recovering from injury or counting down to your wedding, our expert personal trainers use cutting-edge techniques and state-of-the-art equipment to help people of all ages achieve peak fitness. Each personal training and buddy training session is 60 minutes.

### **STEP [1]: Purchase a package.**

#### **Choose from the different packages depends on your goals.**

RIOT Personal Training Program offers an array of amenities to clients, including personalized Tae Kwon Do, Fitness and Wellness, Personal Training Programs, Nutrition services, Buddy training, Fitness assessments and much more! *Schedule a consultation » Call 650-992-3939*

**[A]: Personal Training Packages:** *Prior to purchasing one of the returning client's packages, it is required that one must first purchase and complete the Initial Training Package (I.T.P).*

Initial Training Package (I.T.P)

Total Cost: \$75.00

The Initial RIOT Training Package is an all inclusive package of services that provides new clientele with a baseline of their current fitness and kick start towards their goals. The package includes the following:

- Initial Consultation & Fitness Assessment (75 Minutes)
- Training Session (60 Minutes)
- Nutrition Consultation (30 Minutes)\*

NOTE: \*The RIOT Nutrition Consultation may be substituted for a 60 minute training session. With this substitution, the package will cost

Total Cost: \$85.

#### **[B]: Returning Client Packages** *(Following the completion of the I.T.P)*

Fitness a la Carte Package

\*All Fitness a la Carte items can be purchased within the Fitness and Wellness center.

Body Composition

Total Cost: Fee: \$5

An opportunity to sit down with the RIOT's certified personal trainers to get an individualized 3-point body composition profile including skin folds, waist-to-hip ratio and BMI (Body Mass Index) to help measure the progress of your fitness program throughout each quarter.

Each session will last 15 minutes and will allow you to inquire with our trainers about your body composition results and general fitness questions. All registrations will take place in the Fitness and Wellness office during regular hours of operation.

*Any questions, comments or concerns can be directed to Michael Kissinger*

**[C]: Fitness Assessment Fee:**

Total Cost: \$35

RIOT's Personal Trainers will evaluate your present fitness level and provide you with general guidelines to help reach your goals. Includes measurements for resting heart rate and blood pressure, height and weight, body composition (using skin fold calipers or bioelectric impedance), cardiovascular endurance, muscular endurance, and flexibility

**[D]: Dietary Analysis Fee:**

Total Cost: \$20

Make an appointment with our nutrition staff, where they can analyze your daily diet, review your goals and make recommendations to help you reach these goals. Our database contains the nutritional information of more than 29,000 foods. Learn about what you may be missing in your diet. To schedule your appointment, please visit RIOT.

## PERSONAL PROGRAM RATES

### [1]: 1-on-1 Personal Coaching Rates

RIOT personal training and private lessons take you to the next level. As lifelong learners of Health, Fitness and Tae Kwon Do Martial Arts, our coaches bring an educated and balanced approach to your health and fitness goals ensuring you stay energized and get long term results.

The individual attention is an excellent complement to our group classes, making all your workouts safe, efficient, and effective. We listen to what you want, lead you down a healthy path, and hold you accountable. Everyone needs a personal coach or two, and the investment will pay off in the gym and beyond.

**Single sessions** are available, as well as multiple with no contracts or other obligations. Most clients find this option to be very attractive when compared to training with a trainer at a higher-end health club. Your personal training session can be done in the convenience of your own home or hotel in the San Francisco Bay Area. No need for a gym, RIOT will bring the necessary mobile equipment if needed for your session. Just schedule the day, set your time, and you're in the clear.

**SESSION PRICE AT RIOT STUDIO - \$110**

**SESSION PRICE IN SAN FRANCISCO BAY AREA HOME OR HOTEL - \$150**

(Session packages are payable in advance) -- (Each session is 50 min)

### [2]: Month One-The Getting Started Program

During the **first 30 days** you will notice your cardiovascular endurance, muscular endurance & strength rapidly increase as your body adapts from an untrained state. This is especially the case if you haven't exercised regularly in a while

If improving flexibility was one of your primary goals and you have been working on it, expect it to slowly improve. While you will feel like you have more energy and are getting in shape, your body composition is likely not to significantly change in the first month of training because your body adapts neurologically first.

**PACKAGE - 12 SESSIONS**

**SESSION PRICE - \$95**

**PROGRAM PRICE - \$1140**

(Session packages are payable in advance)(Each session is 50 min) (Add \$50 per session for on-site training)  
*Schedule a consultation » Call 650-992-3939*

**[3]: Month Two- The Fitness Improvement Program**

During the second month of training you will continue to make improvements in your cardiovascular endurance as well as muscular strength and endurance gains. Although the gains won't be as rapid as the first month, I will be adjusting your program to avoid plateau and keep making progress.

During the **second month** of training you can expect your body composition to slowly begin to improve provided you have been eating correctly and doing the prescribed exercise during the training sessions and on your own time. Your flexibility will slowly improve as long as you keep working on it by stretching the specific muscles you want to become more flexible

**PACKAGE - 24 SESSIONS**

**SESSION PRICE- \$90**

**PROGRAM PRICE- \$2160**

(Session packages are payable in advance)(Each session is 50 min)(Add \$50 per session for on-site training)  
*Schedule a consultation » Call 650-992-3939*

**[4]: Month Three-Your Body Improvement Program**

At this point we should have instilled a higher level of dedication to a lifestyle that includes, exercise discipline, personal responsibility, and balanced nutrition resulting in overall well-being and an improved level of fitness and performance. If you maintain your exercise regimen with me and exercise on your own time you can expect your body composition to continually improve.

However, improving your new level of fitness for muscular strength & endurance as well as cardiovascular endurance will gradually become more difficult as you are in a trained state. Your program now will be brought up to an advanced level to continue achieving optimal fitness.

You will experience noticeable progress in your flexibility at this point. Your muscles will feel less tense and firm but you will have an increased range of motion about your joints.

**PACKAGE- 36 SESSIONS****SESSION PRICE-** \$85**PROGRAM PRICE-** \$3060

(Session packages are payable in advance) (Each session is 50 min)(Add \$50 per session for on-site training)  
*Schedule a consultation » Call 650-992-3939*

\*Once you have scheduled a training session, you must cancel the session more than 12 hours in advance or you are responsible for that session. (Industry standard is 24 hours in advance)

**[5]: Nutrition Coaching**

At RIOT our nutrition coaches work to understand your body's unique hormones, allergies, immune system, stressors... all of you, really. Together, we track your body as it responds to food, stress, and exercise to ensure progress towards fat loss, lean muscle creation, and optimal body function.

You won't get a pyramid to refer to or any other shape for that matter. We focus on realistic, individualized eating strategies that get results. At RIOT we respect and embrace different ways of eating and beliefs about nourishing the human mind and body. Together we create a healthy nutrition plan designed to bring education, energy, and balance into your life.

**Nutritional Coaching Session | \$110**

*Schedule a consultation » Call 650-992-3939*

**[6]: Buddy Personal Training Packages: Affordable and More Fun With a Friend**

Do you have a workout buddy? Are you both feeling like you have hit a plateau or simply need some excitement in your workout routine? Come sign up for RIOT Buddy Personal Training! There is nothing more exciting than working out with a friend and trainer. Best of all, the prices are spectacular since you split the cost of the session. With a RIOT Buddy Package, you can get five personalized fitness training sessions, and it would cost you each less per session. That price cannot be beat! Come in to sign up today!

*Schedule a consultation » Call 650-992-3939*

***INSPIRE LIFE CHANGE – TURN YOUR BODY, MIND & PASSION INTO ACTION!*****STEP [2]: Obtain medical clearance if necessary.**

If you answered 'yes' to any questions on the PAR-Q or if you have any medical condition or injury that could affect your exercise program, please have your physician complete the RIOT clearance form.

If you are unsure whether or not to obtain clearance, please call Michael Kissinger at **650-992-3939** or stop by RIOT.

**STEP [3]: Choose a RIOT trainer with compatible schedule and interests.**

**STEP [4]: Return New Client Questionnaire to RIOT.**

Please double check that your form is filled out completely and accurately and that you have obtained medical clearance if necessary.

**STEP [5]: Schedule your initial consultation.**

After verifying that all forms are complete, RIOT will schedule your first session; this is known as the Initial Consultation. This must be scheduled at least 48 hours in advance.

**STEP [6]: Meet with trainer for initial consultation.**

During the initial consultation you will review your goals and discuss what to expect from your personal training experience. Fitness assessments may take place during this time to establish a physiological baseline. This helps the trainer create a highly personalized program. A no show to this (or any) appointment without at least 24 hours advanced notice will result in a forfeited session.

**STEP [7]: Book the rest of your training sessions.**

The RIOT personal trainer will book your training sessions at this time. You may book as many sessions as you have purchased, or book them on an individual basis. All sessions must be booked at least 48 hours in advance.

**NOTE TERMS & CONDITIONS**

- RIOT is not obligated to make up time due to a client's lateness. More than 1/2 hour lateness constitutes a late cancellation and we are not obligated to conduct the session. In some cases we will wait and work with you for the remaining time. But this is solely up to our discretion. In either case you will be charged fully for the session.
- Achieving results in a fitness program will never happen overnight. It's a process which requires commitment, self-discipline, and good use of time. If you commit then always look for excuses for why we can't do things, you'll never find the reasons why we can. Results happen only when we believe we can achieve. If you do exactly what I ask you to do, put in the effort to exercise on your own time and attempt to eat right, results will come. You have to earn it.
- RIOT works with men and women of all ages with varying dysfunctions, fitness levels and goals. Our clientele include athlete's, fitness and lifestyle models, white and blue collar workers, retirees, students, children 7 yrs and up, housewives, and anybody and everybody seeking to improve their appearance, fitness and self-esteem. Whether you want to lose body fat and tone your body, build muscle, recover from injury, or reclaim your health, biomechanics and energy levels -- RIOT has the knowledge and experience to help you do it. We get results!

**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**