



FAQ:

Will I get super big muscles like those people on YouTube?

Not unless that's what you want. While you will see some definition and sculpting, there is a difference between strength training and bodybuilding. Men will see more visible muscle growth than women.

What's the difference between strength training and bodybuilding?

Strength training develops functional strength that can be applied to sports and everyday life. Bodybuilding is the creation of larger muscles without regard to actual functional strength.

Will this program help me lose weight?

This program will help with fat loss assuming proper nutritional balance. A side benefit of more lean muscle is that it contributes to calorie burn even at rest.

I can't do this because I have lower back, knee, elbow, shoulder, or other joint pain.

Yes you can! In fact, depending on the reason for your joint pain, this may be the exact thing for you. Many lower back and joint issues are caused by weak supporting muscles and/or lack of use.

I'm too old to move heavy weights around.

No. In fact, people in their 50's – 80's get the most benefit from this type of strength programming by developing and maintaining more lean muscle and strengthening bones, tendons, ligaments, and joints.

I'm super busy. I can't commit to regular classes.

Great news! You get to pick the schedule. You choose the day and time for your personalized training. For best results, consider working out two to three times per week.