

TAKE ONE TO LEARN ABOUT



What is ActivTrax?

INTRODUCING A FITNESS JOURNEY...

A PROGRAM AS INDIVIDUAL AS YOU ARE...

WHERE NEW WORKOUTS, CUSTOMIZED TO YOUR ABILITIES & PROGRESS, GREET YOU EACH TIME YOU COME INTO THE CLUB...

AND YOUR PERSONAL COACH STANDS BY TO ASSIST..

ASK YOUR CLUB'S STAFF FOR AN ENROLLMENT FORM & SCHEDULE YOUR ACTIVTRAX EVALUATION TODAY!

It's a fitness journey where you're guided every workout of the way. It includes a customized and totally new workout sheet each time you visit your club PLUS your very own *ActivTrax Coach* (i.e. a club staff member) to watch over you as you progress. While the workouts activate your entire body, your Coach stands by to support you as you need it along the way.

ActivTrax routines target total body fitness—to include muscle toning, weight loss, and increases in strength, cardiovascular abilities, and energy levels to name a few. What's more is that ActivTrax focuses on symmetry—or “balancing out”—of your entire body. Keep up with your weekly attendance (choose a 2 to 4 day-a-week program), and you'll begin seeing the results in just 2 to 6 weeks.

The program starts with an *Evaluation*. You meet with an ActivTrax Coach and they measure you, assess your goals and strength, and orient you on how to read and use the workouts. Then, your evaluation results are analyzed, and your first workout is formulated and delivered to your club the very next day.

Each time you complete a workout, we use the results to determine your body's current abilities and calculate its potential for your next workout. As your body changes, so too does your fitness journey. No workout is ever the same. This variety-filled and personalized fitness formula keeps you actively reaching for results!

Simply show up at your club, and you'll know exactly what to do. Each workout sheet lays out detailed instructions for your warm up, resistance, abdominal, and cardio routines. No more guessing about which exercise to do, how many reps to perform, the equipment and correct weight to use, or even rest times! Leave the details of the journey to us, and get ready for results!

It's as Easy as 1, 2, 3.

Show Up...

at your club and pick up your customized workout sheet at the *ActivTrax InfoCenter*.

Get Acquainted...

with your workout. If you have questions, look at the *ActivTrax Exercise Book* or ask your club's staff.

Work out...

and record your results as you go. When you're done, file your completed workout at the *ActivTrax InfoCenter*.

On your next visit, a new workout will greet you. In-between workouts, keep in contact with your ActivTrax Coach to maximize your fitness success & visit us online to track your progress.

Is It Right for Me?

It is if this sounds like you:

“I'm bored of doing the same old workout.”

“I've hit a plateau; my body's going nowhere!”

“Help! I'm new to resistance training.”

“Who has MY plan—a structured agenda telling me exactly what to do in the club?”

No matter if you're a newcomer to fitness or an expert exerciser, we've got plans for your body.

ActivTrax is well suited for those not regularly using a personal trainer who want more results from each workout. While the 1-on-1 attention of a trainer provides immeasurable benefits—from proper instruction and monitoring of exercise accuracy, to motivation and support—for one reason or another, personal training is not for everyone.

ActivTrax is another option to help you meet your fitness goals. The workouts are designed using equipment available in your club and to your body's individual abilities.

Some days are more challenging than others, yet no two are the same. Your body never knows what's coming nor do you. The nonstop variety eliminates boredom and plateaus and brings—RESULTS.

Are you ready? Then get going!

See your club's staff for details.