



Client Orientation

ELITE TECHNIQUE

Personal Training Made For You!

**4600 Powder Mill Rd #650 Beltsville, MD 20705
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Client Orientation

Thank you so much for joining the Elite Technique Family and trusting in us to help you with your health and fitness goals! We want you to get off to the fastest start possible so we developed this orientation package to make it easier to understand how and why we operate the way we do. We believe if you know why your doing something it will help you achieve your results a lot faster.

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Our Trainers


Most gyms hire trainers who come in and bring their own program to their clients. This means that with each trainer you will have a totally different program and system. At Elite all of our trainers train under the same system and program model, this is why we are able to get consistent results with our clients no matter which trainer they are working with. Our trainers have different personalities, however they are all brought on board based on the unique qualities they each share. These qualities are what make each trainer a perfect choice for any client coming through the door. We are a team here at Elite so don't be surprised if you find another trainer giving you advice or helping you through a workout. "All clients are our clients".



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Our Workouts

There are so many workouts that exist and so many more getting invented every day. This can be very confusing for a lot of people trying to get started on their own. It's hard to identify which workouts really work and which ones just look good for social media. The most confusing is when a workout actually makes you sweat and you feel the burn, but it doesn't deliver the results you are looking for in a reasonable and timely manner. The workouts we do at Elite are proven to work and proven to get fast results. Our workouts are based more around weight training and a minimum amount of cardio. High Cardio based workouts make it very hard to maintain your fitness success, because you are relying on burning a crazy amount of calories a day in order to lose weight. Therefore, once you stop doing the high cardio based workouts the weight will immediately return. When losing weight through cardio you will have the same body shape as you did when you were heavier due to the lack of muscle definition. However, when you weight train you are building muscle which requires lots of energy to survive. The more muscle you build, the more energy your body will use a day. A perfect example of this is Dwayne Johnson aka The Rock who can eat a crazy amount of food and still look the way he does. This is simply an increase in your metabolism. Lots of people believe that getting older decreases your metabolism however, we believe that its not the age it's the lack of muscle development due to inactivity. Once you have muscle it takes quite some time before you lose it. Building muscle also gives you the shape or tone you want.






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30 minute training

Most people are used to working out in the gym for 1 to 2 hours a day. First off we would like to say that is such a waste of time. Those hours can be used for more productive things. It is not about how much time you spend in the gym it is about how you spend your time. You can spend 20 hours in the gym if you want. If you do not know what you are doing then your time will be wasted. Our 30min method is a great workout time. The goal when going into the gym is to hit your muscle threshold. Your muscle adapts to stress. If your muscle can normally lift 5lbs for 10 reps and you force yourself to lift 5lbs for 12 reps, you will cause your muscle to break through its threshold. Your muscle will adapt to this stress and get stronger to be able to handle the newly added stress. The faster you can hit your muscles' threshold the less time you need to spend in the gym. Our workouts routines are designed so that you can hit your muscle threshold within 30mins of training. The more advance you become in your workouts the more intense the workouts get to continue to hit this threshold. Now you can have the convenience of getting into the gym and getting out in 30mins while still having a full workout. Working out doesn't have to take over your whole life. Our results speak for itself and all our clients train 30mins.





Our Meal Plan

We know that one size does not fit all when it comes to the meal plan. We have clients that come from many different cultures, countries and eating preferences. However, we also know that those who achieve results do have similar eating regimens. When it comes to our meal plan our initial goal is to have you eat a cleaner and healthier diet. We also want our clients to have options when it comes to the meal plan. This is why we have an a la carte approach. Our clients are able to choose the carbs, protein and fats they want separately. Our meal plan is just a base guidance initially. We want to keep it simple in the beginning and customize it as we go on. Your trainer will help you do this based on what is working for you and what is not. We like to get all our carbs and heavy meals in early in the day (before 12pm). This way you have time to burn it off before your metabolism slows down later in the day. A lot of times we find that our clients lose weight simply by cutting out carbs late in the day and cutting out the late night snacking. Of course, the more dedicated to the meal plan you are the faster the results. Our plan offers a balance of nutrients. We like for our clients to have a healthy balance of protein, carbs, fats, sugar and sodium. Please keep in mind that you can use herbs and spices to prepare your foods. Just make sure your added sodium doesn't exceed what is on the bottom of the meal plan. We highly recommended staying away from seasoning with sodium in it all together.




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What To Expect

Our goal at Elite is to hit your goal and to get you to a place where you can maintain a healthy lifestyle and the results you have gained. Keep in mind that in order to get to this place you have to do extra good to make up for all the extra bad you have done over the past months or years. Once you have developed the amount of muscle you like you can easily maintain it by slowing down your pace and doing enough to meet your threshold but not exceed it. You will still get a good workout in and feel accomplished but the workouts will be a lot easier than what you have come to experience. The same applies for the meal plan. Our goal is not to have you eating extremely clean forever. It is just until we get you to a place where you have hit your weight goal. Once you are at your goal we believe you should have a healthy balance between clean eating and experiencing the best foods life has to offer. As long as you are doing more good than bad you will fluctuate a little but you won't get off track. Yes, you will be able to go out with your friends and actually be a real person.

“WHAT YOU CAN MEASURE YOU CAN IMPROVE”

You will weigh in everyday. Some of our clients hate getting on the scale. Mainly because they feel like they get anxiety with the scale that causes them to stress eat. We understand that this can be a issue for some. That is why although we do require our clients to still step on the scale every day, we do not require them to see the number or know what it is. It is however very important for our trainers to know what is going on. The last thing we want to do is weigh in once a week and not catch a 7-10lb weight gain that could have been prevented. If you do not want to know your weight ask you trainer if you can step on the scale backwards. They will simply let you know if you are doing good or bad based on what they see without giving you the number.



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What To Expect Cont.

MEAL PLAN MODIFICATIONS

Need changes to the meal plan? It's simple! Talk with your trainer if you are finding it very difficult to stick to the meal plan. We have a few tricks up our sleeves that can help you. In some cases we actually have to change the entire plan. However, don't think we are about to add in all your favorite dishes and snacks. Remember why we are here.

MOVING TOO FAST?

We will take it at your pace. Keep in mind that does not mean we will take it easy. We will still challenge you. The goal is to get better and improve. You hired us to take you to a place you didn't think you can take yourself. That is what we are here for. Results require hard work. However, if you do find that we are pushing you too hard there is an easy fix. Simply have a **SERIOUS conversation with your trainer. We use the word serious because clients complain to us all day everyday. So it can sometimes be hard to know for sure if a client is doing some normal daily complaining or if they need us to really slow it down for them. Just talk to your trainer and say something along the lines of "hey I really need you to slow the pace down for me. I think it is a little too much for me to handle right now." We will be happy to slow the pace down for you. Keep in mind that the goal is to still gradually speed things back up.**

SHORT TERM GOALS CREATES LONG TERM GOALS

Our monthly goal for our clients as trainers is to lose 8-10lbs a month or gain 8-10lbs a month depending on the client. The average person can gain 2-3lbs of muscle a month. So hopefully this gives you better perspective on how long the process can take. We have seen people destroy these numbers with us however these are our goals.

CLOSED MOUTHS DON'T GET FED

Please, please, please communicate to us what is going on with you if something is not working for you. There are some things we cannot fix but there are a lot of things we can fix. We want you to have the best experience possible and the only way to know what our clients like and do not like is if you tell us.



Fully Committing

BOOT CAMP

We make it easy for you to fully commit to your fitness journey. With our Free boot camp class on Saturdays and our Groupme chat room there is no way to not stay motivated, if you are taking advantage of both. This is an opportunity to gain some fitness buddies who will hold you accountable to your journey. You can even bring friends and family to the boot camps, first time is Free. Coming to boot camp is a way to stay active over the weekend and also meet people face to face who have traveled this road you are starting on. Try to embrace the full Elite experience.

GROUP CHAT

We want you to ask questions in the group chat because other clients may have experienced something you are going through and can help you through it. You can also get new creative ideas on how to spice up the meal plan. Some of our clients have been with us for years and they have found ways to make the meal plan enjoyable. Our trainers do a phenomenal job at motivating clients however, there is no substitute for first hand experience through our program which you can get from other clients.



EARN SOME MONEY

You can get \$50 off your next package for each new client you refer. We make it very easy to refer new clients. Each gym has information cards that you can write your name on and hand out. We have clients who have paid for months of training using nothing but referral rewards. People will want to know what you are doing so make sure you have a card close by to hand it to them. Some clients put their name on the cards and put it in the break room at their job. Other clients post to their social media accounts. However you decide to get your referral points just make sure the new client mentions you when they register. We do not go back and give points after the client has registered.



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The End Goal

The end goal is to get you what you came here for, RESULTS! Whether that is to live a healthier lifestyle, get beach ready for your next vacation or both. This is going to take some time and dedication. It does seem hard to believe by our results but the answer is NO, we do not offer a secret pill to our clients. Not unless that pill is hard work, sweat and dedication. It starts off hard but gets easier over time. Based on our average it will take you about 2 and a half months of working out before it to becomes a habit and a lifestyle. This should be your first commitment. Remember, once you get to your goal, maintaining is easy, we just have to work hard to get there. Lastly, if you find yourself being discouraged and feel like quitting, call your trainer and let them know. We will help you find your motivation again.

You can do this, and Welcome To The Elite Family!

