



Gym Lessans Frequently Asked Questions



“How do I contact you to ask a question?”

All Questions can be sent to gymlessans@gmail.com or through the contact of my personal number: 443-415-5524.

“How do I check in with you?”

“Check in” on the Quick Coach app with each individual workout. Mark all of the workouts as complete, so I know that you’ve completed them.

“How do payments work?”

Upfront payments can be processed over Zelle or Venmo, and recurring payments can be set up over Wave.

“What if I don’t know how to perform an exercise included in the workout?”

Refer to the videos in your custom program set under each exercise for a clear and accurate demonstration on how to perform the motion. For any additional questions, film the exercise and send it to your coach, following that with any text or email questions with elaboration and I’ll do my best to respond as soon as possible.

“Do I need to be a member of a gym?”

Not at all! Gym Lessans meets your program where you are at, and is individualized to the equipment you have at hand per week. Whether you have no equipment, certain home pieces, a full fledged gym, or a changing situation of hotel equipment, your programming will adapt to where you are provided you are communicating your set up with your coach in a pro-active manner

“Do I need to purchase any equipment?”

We will meet your programming needs where you are at, but we encourage you to give yourself as many options with equipment as possible within your home set up. Many progressions and modifications can exist for the smallest number of exercise implements and our value to you is in the creativity and variation of whatever you have at your disposal. Let's take the guesswork and analysis paralysis out!



“Do I need to download any software?”

Programs will be relayed through the Quick Coach platform. An invite will be relayed to your email upon initial payment.



“How strict does my diet need to be?”

Not at all, success comes in small, incremental changes. Sustainable lifestyle change can not be maintained with rigid restrictions, or dramatic changes from your daily habits. Every week to month, we'll pick one new habit to improve upon in replacement of a habit that isn't serving you. As you gradually habituate it, we'll roll in new habits that you can integrate into the new you. In short, your nutrition habits will work much the same way

“Can I still drink alcohol on your program?”

Yes! Moderation is key, and can be a useful reward. Just understand how it fits into the bigger picture and exercise delayed gratification with stricter goals.

“How do I track my food intake?”

Pick the platform that works best for you: Noom, myFitnesspal, whoop, Lose it, etc. Whatever is the lowest maintenance and keeps you on track, while able to provide a dialogue to your coach. I have additional resources that help with broader, practical application to send as well.

“Is there a cancellation policy? Are there refunds?”

Please notify of any monthly cancellations at least 30 days in advance. There will be no price changes within the duration of your program that will be adjusted within the program and there are no refunds. Price increases upon renewal are subject to the coach's discretion based on demand, the economy, etc.

“How do I get the most out of this program?”

COMMUNICATION. If something is too hard, too easy, impractical, travel plans, the more you keep your coach in the loop pro-actively, the better I'm in a position to help. The less I know and the less that is communicated to me, the easier it is for me to assist!



Motivation is Momentum

