



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 PT Distinction app with each individual workout. Mark all of the workouts

“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 PT Distinction programmed under each exercise for a clear and accurate demonstration on how to perform the motion. For any additional questions, film the exercise with the camera function in the PT Distinction app and send a reference 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?”

The PT Distinction App is where all programming is relayed on a week to week basis. The associated apps of MyFitnessPal and FitBit both sync its information to your programming app should you take advantage of the option.

“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.

“How do I track my food intake?”

All food can be tracked through MyFitnessPal, the key is to sync the app to PT Distinction as detailed in the document. All data can then be recorded within MyFitnessPal's app itself, and viewed / reviewed with the trainer.

“Is there a refund policy?”

There are no refunds. We are very confident in our service and do our best to pre-qualify whether you would be a good fit for our program.

“What is a half-racked position?”

The half-racked position refers to a holding technique for kettlebells. You will often see this in programming, and there are a few simple cues to ensure that you are doing it correctly. First, make sure the kettlebell is close to your body to prevent risk of injury.

* Maintain a neutral wrist position while holding the handle, as well as three points of contact for the bell:

- the forearm,
- bicep
- pectoral muscle.

There will be some variation here depending on everyone's unique body proportions, however try your best to adhere to these cues, and never push through something that causes pain. When in doubt, film the motion to the App and send it to your coach.

“What do I do if I can’t do the days listed in the program in order? (i.e. sudden meeting, or emergency)

The schedule that is listed is a preliminary schedule set week-to-week based on our consult information, but the schedule is fluid on your end. Set in the workouts at your own convenience and by what allows you to succeed. There is no cancellation policy or

Where else can I get information about fitness from you?

Check out our instagram page: @gymlessans, and our blog: [Lessans from the Gym \(gymlessans.com\)](http://Lessans from the Gym (gymlessans.com))