

HHT FITNESS

Optimal Health Plan for In Person & Online Training programs

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OVERVIEW & PURPOSE

Our goal here at HHT FITNESS is to provide you with the finest fitness programs, outlined with detail and clear steps to address each member's individual needs. We strive to make your fitness journey as convenient as possible. Busy schedules filled with multiple commitments? No worries. HHT FITNESS has a program for you.

WORKOUT STANDARDS

1. Be full of energy and ready to learn
2. Accept new challenges that will push your limits
3. Communicate with trainers
4. Push through adversity
5. Have fun
6. LAUGH
7. Get to know someone new at your fitness sessions

OBJECTIVES

1. Develop muscular strength
2. Lose body fat
3. Lose weight
4. Gain better balance
5. Increase energy
6. Create new habits

MATERIALS NEEDED

1. Exercise Mat
2. Water
3. Weights
4. Sweat towel
5. Resistance Band
6. Exercise sneakers (tennis)
7. Workout clothing that makes you feel fit & excited!!!

VERIFICATION

Steps to prepare for training

1. Please visit a physician prior to attending any of our exercise training programs.
2. Know your health history, including pre-existing conditions, surgeries, and injuries.
3. Hydrate consistently 2 weeks prior to starting exercise training programs.

ACTIVITY

These exercise training programs are a combination of many forms of fitness. You will be engaging in a multitude of movements and strength development routines for the purposes of a well balanced promotion of health. The styles of training range from running, ab specific workouts, calisthenics, weight lifting, yoga, dynamic stretching, anaerobic & aerobic exercises, and HHT original fitness techniques designed for optimal health.

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