



Ultimate 8-Week Member Experience

Includes the following:

- ✓ Complete review of the individual's personal fitness journal as it relates to their past, present and future aspirations (goals).
- ✓ Pre-exercise physiological measures such as blood pressure and pre-exercise heart rate.
- ✓ Body composition analysis via the Inbody 270 which accurately analyzes body fat, muscle and water.
- ✓ Functional Movement Screenings that evaluate balance, stability, mobility, joint function and proper movement patterns. These assessments are critical for both performance athletes and those simply wanting to improve their movement for quality of life.
- ✓ Grip strength assessment: grip or hand strength is required for both routine daily activities and athletic performance. The assessment identifies any imbalances (left or right) which could be the result of injuries or any physical activity performed on a consistent basis.
- ✓ Pushup assessment: measures strength and endurance in the muscles of the upper body including the chest, shoulders, triceps, and core. This assessment is a good indication of overall fitness.
- ✓ Plank assessment: measures the control and endurance of the back/core stabilizing muscles. Core strength is essential for exercising and every day life activities because it is the foundation of every movement.
- ✓ Any additional assessments that may be deemed beneficial to the specific member.
- ✓ Total Body Measurements.
- ✓ Based on the assessment results and the individual's goals, a personalized course of action will be presented that will progress the member towards his or her goals.
- ✓ **Receive 2 Fitness Consultations and Assessments 8 weeks apart.**
- ✓ **Receive 2 Personal Training Sessions 3 – 4 weeks apart.**
- ✓ Upon completion of the Ultimate 8-Week Member Experience, the member can receive a credit for the full amount towards the purchase of any service in our Personal Training Department.

Ultimate 8-Week Member Experience Investment - \$99.00

*Franklin Athletic Club is committed to the education, safety and results of each member. For this reason, a Fitness Consultation is required for all adult members.

