



Group Training Fitness Program Limitless Performance

Group Training Fitness Program – Description

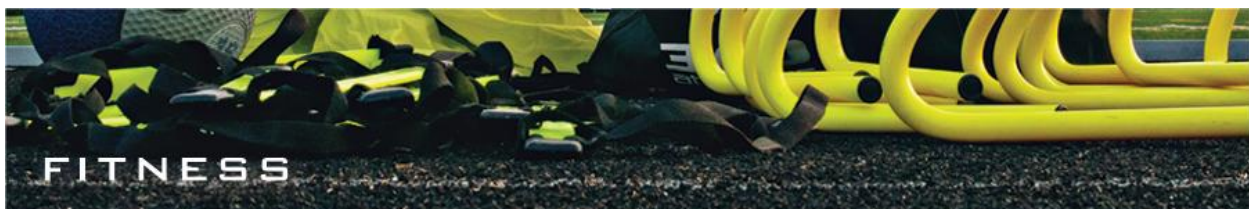
Limitless Performance has developed a four-phase workout program including Muscular Development, Strength Development, Hypertrophy and Interval Training.

The program design is based on fundamental training principles which will avoid fitness plateaus and provide a potential for unlimited results for clients.

By incorporating new workouts on a monthly basis, constant stimulation of new muscle groups and cardiovascular components will eliminate fitness plateaus. The four phases of the Limitless Performance Fitness Regimen are detailed below.

The Limitless Performance group training program is an athletic based training program incorporating a wide variety of training techniques including:

- *Dynamic warm ups*
- *Balance training*
- *Agility training*
- *Aerobic and anaerobic conditioning*
- *Body weight strength training*
- *Functional strength exercises*
- *Suspension (TRX) strength training*
- *Core strength training*
- *Dynamic stretching and cool downs*
- *Yoga*





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Four Phase Program Design

Phase I – Muscular Development

The Muscular Development phase focuses on the foundational development of muscles, core strength, exercise technique and coordination. A typical schedule for Phase 1 is as follows:

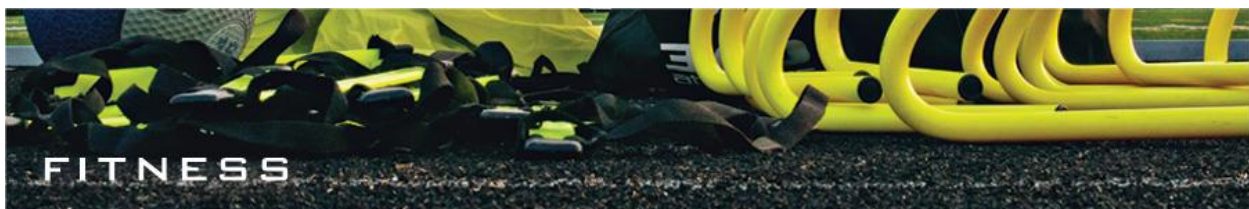
- Day 1: Resistance Training – Full Body
- Day 2: Cardiovascular Training
- Day 3: Resistance Training – Full Body
- Day 4: High-Intensity Metabolic Circuit
- Day 5: Resistance Training – Full Body
- Day 6: Yoga



Resistance Training: The resistance-training component of the Muscular Development phase will be made up of a series of full-body weight training exercises. The weight training exercises will range from simple to advanced lifts, with a focus on technique, coordination and muscular balance development. Also, core strength will be developed during this phase using a series of basic isometric and isotonic exercises.

Cardiovascular Training: Cardiovascular training during this phase will be made up of a variety of aerobic conditioning exercises. Benefits of these exercises include increased cardiovascular capacity, fat-burning and weight loss.

Flexibility Training and Maintenance: As with all phases at Limitless Performance, Yoga classes will be offered to provide flexibility training. Additionally, foam rollers and stretching areas will be available to all members for use after each workout.





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Phase II – Strength Development

The primary focus of the Strength Development phase is to build off the muscular foundation developed in Phase 1 and advance to a split routine workout focusing on upper body and lower body resistance training on separate days. A typical schedule for Phase 2 is as follows:

- Day 1: Resistance Training – Lower Body
- Day 2: Cardiovascular Training
- Day 3: Resistance Training – Upper Body
- Day 4: Plyometric Training
- Day 5: Resistance Training – Core
- Day 6: Yoga



Resistance Training: The Strength Development phase will include separate upper body, lower body and core strength training days. By transitioning to a split routine this phase will provide an increased muscle demand; avoiding plateaus by stimulating muscles. Additionally split routines allow targeting of specific muscle groups thereby increasing muscular toning, definition and strength.

Cardiovascular Training: The cardiovascular training phase will include a variety of aerobic and anaerobic exercises. The anaerobic component of cardiovascular training will include plyometric exercises to increase lactic acid threshold, muscular development and coordination. The aerobic component of this phase will be similar to Phase 1 and will focus on fat-burning, weight loss and cardiovascular development.

Flexibility Training and Maintenance: As with all phases at Limitless Performance, Yoga classes will be offered to provide flexibility training. Additionally, foam rollers and stretching areas will be available to all members for use after each workout.





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Phase III – Hypertrophy

Phase 3 will focus on the science of Muscular Hypertrophy which is based on mechanical overloading and chronic stimulation of primary muscle groups leading to ultimate muscular development including muscular toning, muscular definition and muscular growth; depending on each clients goals. A typical schedule for Phase 3 is as follows:

- Day 1: Resistance Training – Lower Body Supersets
- Day 2: Cardiovascular Training
- Day 3: Resistance Training – Upper Body Supersets
- Day 4: Tabata Circuit Training
- Day 5: Resistance Training – Full Body Supersets
- Day 6: Yoga



Resistance Training: The resistance training component of Phase 3 will maintain the split routine program from Phase 2, however will incorporate the use of supersets. The principle of supersets is to overload specific muscle groups by performing one exercise followed by another, without rest. The superset provides the muscular overload of the hypertrophy science. To chronically stimulate the muscles, three days will be dedicated to resistance training in Phase 3.

Cardiovascular Training: The anaerobic training component of Phase 3 will involve training techniques including resistance sprint training with sleds, tires and parachutes. This style of training will focus on increasing anaerobic capacity lactate threshold. The aerobic component of Phase 3, known as Tabata training, focuses on high-intensity intervals with incomplete recovery times. This type of training has been proven to increase resting metabolic rate, burn fat and calories.

Flexibility Training and Maintenance: As with all phases at Limitless Performance, Yoga classes will be offered to provide flexibility training. Additionally, foam rollers and stretching areas will be available to all members for use after each workout.





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Phase IV – Energy System Development

Interval training is the use of moderate to high intensity training intervals followed by rest periods. This training technique will be the basis of Phase 4 and will be incorporated into resistance and cardiovascular training components. A typical schedule for Phase 4 is as follows:

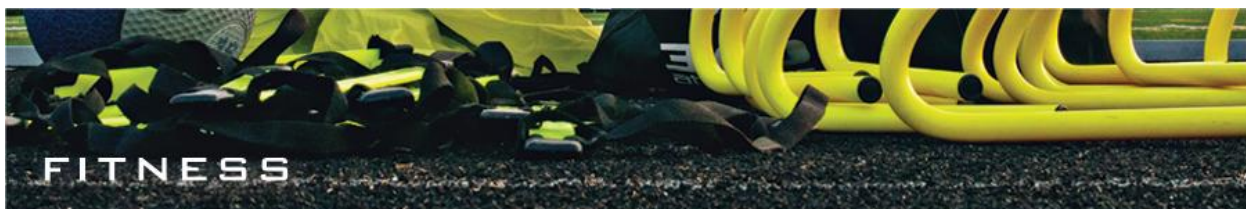
- Day 1: Lactate-Threshold Circuit – Upper/Lower
- Day 2: Cardiovascular Training
- Day 3: Anaerobic Conditioning Circuit – ABC123
- Day 4: Fire-fit Challenge Circuit
- Day 5: Muscular Conditioning Circuit
- Day 6: Yoga



Resistance Training: The resistance training component of Phase 4 will consist of interval training circuits to develop anaerobic conditioning and lactate thresholds in the muscles. The circuits are designed around high-intensity, time-based sets to over fatigue muscles. In contrast to Phases 1, 2 and 3, this phase will focus on higher repetition sets to avoid training plateaus and limit muscle memory.

Cardiovascular Training: The combination of short and long shuttle runs and sprints will push the anaerobic limit of each client. From 15 seconds to 2 minutes sprints, the training will engage all components of the cardiovascular system and associated muscle groups activated during shuttle runs and sprints. This style of training is a great supplement to any program and benefits clients looking to achieve a variety of fitness goals.

Flexibility Training and Maintenance: As with all phases at Limitless Performance, Yoga classes will be offered to provide flexibility training. Additionally, foam rollers and stretching areas will be available to all members for use after each workout.





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Metabolic Workout Finishers

A secret behind the benefits of the Limitless Performance training program is the implementation of short, high-intensity metabolic finisher drills to burn calories and provide a prolonged metabolism spike for hours following the workout. The workout finishers are used at the end of the majority of the workouts to help clients reach and surpass their health and fitness goals.

The workout finishers are a great compliment to the Limitless Group Training program, preventing fitness plateaus, and taking members to the next level of their fitness.

Group Training Fitness Program – Conclusion

Limitless performance provides a vigorous strength and condition program that inspires each individual to reach and surpass their mental and physical limits. These limits are overcome by using the dynamic program at Limitless Performance.

As an added benefit to the program, the members are provided with monthly fitness assessments, monthly program logs, a member's only nutrition guide, and periodic goal setting sessions.

Limitless Performance takes the thought and planning out of workouts and has designed a program to generate results. The trainer at each and every workout is there to educate, teach, and motivate clients on a daily basis!

NO EXCUSES | NO BOUNDARIES | NO LIMITS

