

POWER UP!





# GETTING STARTED

## WHAT IS IT?

Group Power® is *Your Hour of Power!* This 60-minute, barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as Squats, Lunges, Presses, and Curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

## WHAT WILL I DO?

Group Power combines traditional strength exercises and the best of the hottest functional training moves utilizing a barbell, weight plates, and your body weight to make you fitter and stronger. High rep training and athletic movements are key components of this results-driven workout. Group Power is developed with a periodized approach to ensure you are constantly changing your workout and challenging your body. Ten tracks are expertly programmed with specific workout objectives:

1. Warm-Up – We grab the barbell with light weight and work through many of the exercises you'll be doing over the next hour to warm the body and practice the movements.
2. Legs – Working the big muscles first, Squats are performed to really increase the heart rate and create a burn in the legs, creating great shape and definition.
3. Chest – To strengthen the chest, many exercises are utilized, such as the Chest Press, the Push Up, and the Chest Fly – sometimes all three, sometimes just one!
4. Back & Legs – Big movements like the Clean & Press and the Deadrow are used to really fire up the back and hamstrings. Often Reverse Flys and Single-Arm Rows are worked in to make those muscles sizzle.
5. Triceps – Tricep Presses and Tricep Extensions, using the bar or just the plates, are used to really shape, build, and define the back of the arms. Beware of the Tricep Push Ups as they usually push you over the top!
6. Biceps – High rep training at its best. You really NEED the music as you curl the barbell at different speeds or concentrate on just the plates moving to really isolate the front of the arms.
7. More Legs – Athletic and functional exercises are the name of the game to work the legs. Calf Raises, Lunges, Lateral Lunges, Squats, some done on The STEP®, some done on the floor are the name of the game. Your heart rate and lower body will definitely feel it!
8. Shoulders – A ton of exercises to give you great looking shoulders. Lateral Raises, Shoulder Presses, Upright Rows, and a few functional movements will make you feel like an athlete who has put in the work!
9. Core – The last training track focuses on the midsection; front and back. A wide variety of exercises ensure your core is solid, strong, and good looking!
10. Stretch – You have earned it. Stretching out the muscles from head to toe to ensure recovery and flexibility.

## IS IT FOR ME?

Group Power is for just about everyone. Strength training is essential to staying healthy and Group Power is ideal for:

- New exercisers, because of the simplicity of the class
- Women because weight-bearing exercise is proven to reduce the incidence of osteoporosis
- Athletes looking for a training edge
- Those searching for an enjoyable way to strength train
- The time-pressed exerciser, because one hour, two times per week delivers results fast
- Anyone wanting to add strength training to their workout
- Serious weight trainers that want to challenge their muscles in a different way

## HOW OFTEN SHOULD I DO IT?

Group Power is designed to be done two to three times per week. It is recommended that you not exceed three times in one week. This is not a case of the more you do the better. The body needs time to recover and grow stronger. For at least your first month of Group Power, twice a week is sufficient. A schedule allowing for two days of rest between class experiences is ideal.

## HELPFUL HINTS

Remember that your first class only happens once. After attending Group Power three times, you will get into the rhythm of things and should feel like a pro. These tips will ensure your success in your first few classes:

- Wear comfortable workout clothing and comfortable athletic shoes.
- Bring a towel and a water bottle.
- Some people prefer to wear weight training gloves, but they are certainly not essential.
- Arrive 15 minutes before class and introduce yourself to the instructor. The instructor will help you set up your equipment, provide starting weight recommendations, and answer any questions you may have to help put you at ease.
- It is not essential that you be up front, but stand near the center of the room and where you have a clear view of the instructor.
- Your instructor will coach you and include exercise options to ensure your success.
- You should feel comfortable stopping at any point in a track, either to rest or adjust your weight.
- Speak with the instructor at the end of class to ask questions and to check in.

## HOW WILL I FEEL?

It is perfectly normal to feel apprehensive prior to your first Group Power class. Once you get your first class out of the way, much of that apprehension will disappear. Remember, there is safety in numbers. You will be amazed at how many others will be willing to help you.

The objective of your first few classes is to familiarize yourself with the format, the equipment, and the technique of the various exercises. The instructor will probably recommend a starting weight or weights that may seem too light to you at first. Keep in mind that you will be doing high numbers of repetitions, and the lighter weight will help you learn proper technique from the beginning. Allow yourself to be a student; proper technique leads to safer, more effective exercises, and better results. After you get the feel, you can slowly start to increase your weight selections to increase your workout intensity.

Talk to the instructor after class to let him or her know how you felt and if anything felt particularly challenging for you. The instructor will then make recommendations for your next class. Keep in mind that you may be sore for several days afterwards because your body is adjusting to the new demands on your muscles. This is perfectly normal. Have fun during your Group Power experience as you build strength, confidence, and a sense of accomplishment that comes with improved fitness.



**SEE IT!**