**How it Works.**

The Supreme Fitness Functional Training Curriculum is comprised of 6 30 minute classes, spread out over a two-week period. Each unique class introduces a small group of attendees to a different series of movements, exercises, and/or skills employed by Supreme Fitness Group Training Program. Upon completion of the assessment, attendees are eligible to participate in Supreme Fitness Group Training Program and to attend Group Training Classes.

Each of the six classes follows a set curriculum, and covers unique subject matter. Each class:

1. Details the underlying principles associated with each movement, exercise, or skill;
2. Guides attendees through the execution of each movement;
3. Dedicates time to the practice and application of each movement reviewed;
4. Provides Coach-issued feedback and prescribes corrective cues or exercise modifications as necessary;
5. Includes a Supreme Fitness Programmed workout that both incorporates the movements reviewed, and simulates the Supreme Fitness training environment;
6. Concludes with mobility and flexibility work complimentary to the movements employed during the instruction and the workout.

Athletes who miss a class may still participate in the Proficiency Assessment as scheduled so that they can proceed to Group Training Classes (the Supreme Fitness Coach will help coach the athlete through the assessment), however they must either:

* **Make up the class they missed the next time it is offered;**
* **Schedule a personal training session to make up the course.**

**Who it’s For.**

Whether you’re new to working out, following-through on a New Year’s Resolution, are a seasoned veteran looking to make a comeback, or an elite athlete striving to take their training to the next level, Supreme Fitness Functional Training foundation program stands to further your understanding of exercise physiology, and help you achieve your athletic performance or fitness goals.

**Program Curriculum.**

Educational, Engaging, and fun, the Supreme Fitness Functional Training foundation Program curriculum involves (includes) theory and practical work. The Integrated curriculum provides Participants with:

The ability to safely and effectively perform/employ all the movements used in Supreme Fitness Training programs. Covered topics include gymnastic/body-weight exercises, mid-line stabilization exercises, plyometric movements, Olympic and Power-Lifting Movements, Kettlebell movements, and efficient running and rowing form;

a general understanding of the musculoskeletal bio mechanics associated with/involved in the functional exercises used in Supreme Fitness programs;

Awareness of general flexibility and/or mobility restrictions which could potentially impede their progress;

Basic soft-tissue maintenance tools essential for remaining limber, healthy, and injury-free.

Over the two week period, attendees:

Are exposed to the key stimuli used in Supreme Fitness Group Training Program;

Taught how to perform each of the basic foundational movements employed by Supreme Fitness ;

Perform in bench-mark workouts that both help establish a base-line for subsequent Group Training workouts, and demonstrate their proficiency with the subject material;

Are given instruction and guidance on how to develop a suitable approach to Group Training workouts based on their personal strengths and weaknesses.

**Frequently Asked Questions.**

**WHY IS FOUNDATION NECESSARY? CAN’T I JUST START TAKING CLASSES?**

One of the reasons why Functional Training is unique from other training methodologies is because we employ functional movements – multi-joint movements that closely replicate those found in sports or life, and which strengthen and engage an entire kinetic chain instead of an individual muscle or muscle group. Because these movements can be complex, and are often unfamiliar to those new to the sport, they often require a fair amount of instruction before they can be employed safely and effectively. Our foundation not only affords this instruction, but also the opportunity for people to apply what they’ve learned (each class features a Supreme Fitness workout that incorporates the movements learned.

**WHAT IF I MISS AN FOUNDATION CLASS?**

Chances are good that if you only miss one class, we’ll still be able to coach you through your Proficiency Assessment so that you can begin enrolling in Supreme Fitness Group Training Classes as planned. That said, athletes will still be responsible for the material covered, and are strongly encouraged to make up the class by either:

1.)  Attending the class you missed the next time it is offered at no charge;

2.)  Scheduling a Personal Training appointment with a Supreme Fitness Coach to make up the material (RM50 @ 3 times a week).

If an athlete misses more than one class, they should plan to refrain from taking their Proficiency Assessment as scheduled, and to re-schedule their foundation program for the next session. A small re-scheduling fee may apply. If your schedule is such that you’re nervous about being able to make it to each session, we’d also encourage you to consider a 1-on-1 foundation program. Like a series of personal training appointments, the 1-on-1 foundation enables athletes to work exclusively with a SF coach at times convenient for their schedule.

**MY SCHEDULE DOESN’T PERMIT ME TO ENROLL IN THE GROUP FOUNDATION. I’M MORE COMFORTABLE LEARNING NEW MOVES ON MY OWN. CAN I DO A PRIVATE FOUNDATION ?**

Definitely. Supreme Fitness 1-on-1 foundation Program follows the same curriculum as our Group foundation Training in a highly personalized setting, and can be scheduled at the Client’s convenience.

**WHAT IF I’M NOT READY TO GRADUATE?**

Supreme Fitness is committed to a non-intimidating training environment. We want all of our members feeling both comfortable within a Group Training environment and confident with their new found skills before they make the transition to Group Training classes. If you still don’t feel as though you’re ready to transition to our Group Training Classes after completing your foundation, we’re here to help. Speak to your coach about your options for re-enrolling in another round of foundation, or enrolling in a 1-on-1 foundation program.

**IS THE FOUNDATION PROGRAM MANDITORY?**

Yes, all new attendees must complete the 6 foundation sessions before being able to participate in any regularly scheduled Supreme Fitness Group Training workout:

Existing Supreme Fitness members are exempt from this requirement, but are welcome to register for the Program. Previous members returning from an extended absence may be required to complete the program depending on he length of their absence, and their level of exposure to the movements covered in the curriculum prior to their leave.

**WHY IS THE FOUNDATION PROGRAM NEEDED ?**

The foundation is designed to help Supreme Fitness coaches assess whether an athlete is well equipped for success within the functional training environment and will be measuring an athlete’s:

* Understanding of the key mechanics associated with each movement tested;
* Competency with the principal movements employed by the program.
* Self-diagnostic capabilities when performing key movements.

Athletes will be evaluated based on their ability to both execute and describe the elements of proper execution of select movements to the satisfaction of the administering SF coach. Although performance capabilities like speed and load capacity factor into the final Test Score calculation, such factors aren’t heavily weighted when calculating the final test score, and will not necessarily prevent an athlete from receiving a passing grade.