

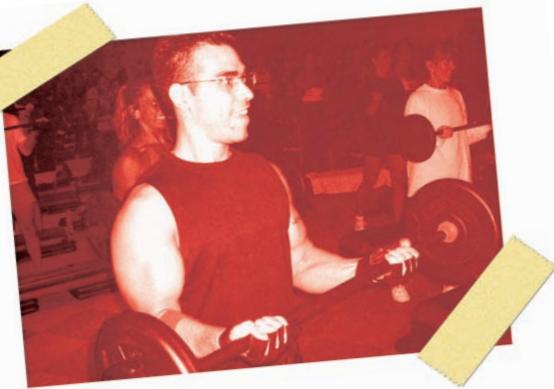
# Getting Started

a guide to your first three classes



## What is Group Power?

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 is Involved in a Class?

Group Power uses moves from traditional strength training and programs these movements to music, creating a simple, fun and effective way to train in groups. The class starts with a comprehensive warm-up, followed by eight songs that focus on specific muscle groups, and finishes with a well-earned stretch.

## Who is Group Power For?

Group Power is for just about anybody, aiming to remove the barriers of age, gender and fitness background. Whether you are an inactive person interested in getting fit or an athlete looking for a training edge, Group Power delivers.

- **New exercisers** will be successful in Group Power because of the simplicity of the class. It is a great starting point to develop strength and confidence.
- Group Power is fantastic for **women** because it is a form of weight-bearing exercise, which is proven to reduce the incidence of osteoporosis.
- Group Power is perfect for the *time-pressed* exerciser. 2 times a week is all you need to get great results fast!
- It is perfect for **cross trainers** who want to add strength training into their workout.
- Even the **serious weight trainers** of the world marvel that Group Power is great to work the muscles a different way.

## How Often Can I do Group Power?

Group Power is designed to be done 2-3 times per week, and you should not exceed 3 times in one week. It is not a case of the more you do the better. For at least your first month of Group Power, twice a week is sufficient. A schedule that allows for two days of rest between class experiences is ideal.

## How You Can Expect To Feel

### Before Class

It is perfectly normal to feel apprehensive and nervous before your first Group Power class. Once you get your first class out of the way, a lot of the apprehension will disappear. Remember, there is safety in numbers. You will also be amazed at how many others will help you.

### During Class

The objective of your first few classes is to understand the format and the equipment, as well as to learn technique – so keep the weight light. After that, you can slowly start to increase the intensity of your workout.

### After Class

You will feel a sense of accomplishment to get your first class under your belt. It is important to know that you will be sore. With any new workout or at the start of any exercise program, you are likely to experience muscle soreness. This is because your body is adjusting to the new demands being placed on your muscles.

## What to Wear

The most important thing to wear is comfortable workout attire. Most people wear track pants, shorts and t-shirts, while some feel more comfortable in Lycra. Also, be sure to wear comfortable athletic shoes. You should feel comfortable enough to move and sweat.

## What to Bring

Bring a towel, a water bottle and your energy. That is all you will need. Some people prefer to wear weight-training gloves, but they are certainly not essential. Wait and see how you feel after your first couple of classes before investing.

## Arrive Early

It is important to arrive 15 minutes before class to meet the instructor. During these 15 minutes, the instructor will ensure that you are comfortable during your first class and answer any questions you may have. The instructor will ask you such questions as:

- Have you ever exercised?
- Have you ever weight trained?
- Have you participated in group fitness?
- Do you have any injuries or problems that might affect your ability to participate in the class?

Your answers to these questions will help the instructor decide what approach you should take in class and how to modify the exercises, if necessary.

## Recommendations

Everybody is responsible for setting up his or her own equipment for the class. The equipment you will need to grab and put in a spot is:

- A step and 4 risers
- A bar
- 2 collars
- Weights

General weight recommendations for the first class:

- Women: use two medium and two small plates.
- Men: use two large, two medium and two small plates.

These recommendations might seem conservative. However, remember that your initial goal is to learn the class structure, equipment and basic technique, not to lift as much weight as you can.

If you feel as though you have a higher level of conditioning as it relates to the class, you can experiment by increasing the weight. It is important to know, however, that if you have made an incorrect weight selection, you should feel comfortable stopping at any point within the track to either rest or adjust your weight. Alternatively, you can start the track with your weight selection and, if your muscles fatigue, simply continue the track with plates.

## Talk to the Instructor After Class

Remember to talk to the instructor after class. For example, let him or her know how you felt and if anything was particularly challenging for you. The instructor will then make recommendations for your next class. Most of all, have fun during your first Group Power experience!