

## WHAT TO EXPECT

Welcome to Base Fit. Just a couple of things you need to know when starting your Base Fit program:

- It's not easy. But that's why **it works**.
- We train within 3 categories: Bronze (*'hey this is fun'*), Silver (*'Wow - I think I will live'*) and Gold (*'holy cow, is that possible?'*). We will start you off easy at a pace you can manage and build from there.
- We work through **4 periodization cycles** over the period of a year, each approximately **12 weeks long**. We adapt these cycles to your personal needs depending on your energy, travel or any sporting events you may have.
- It's normal to battle with sessions if you are not fully recovered from the previous session. However, it's good to move to keep coming back every 3 to 3 days to get the blood flowing and muscles **stretched as it speeds up recovery**.
- We work with 5 intensity levels progressively though a typical cycle.
  - Levels 1 and 2 focus on core stability and symmetrical balance and form the foundation of your training.
  - Level 3 starts to combine more explosiveness building on the work achieved in in the previous levels. It brings all the training fundamentals together which in turn develop your stamina and core power. Most clients work up to this level.
  - Sports only: Levels 4 and 5 are more for the hard-core rider a sportsmen. It's for those who are racing or just want to really push their bodies to the max. These levels push stamina and strength endurance to enable you to complete tough races and finish them strong. If you are not racing it is not necessary to push past level 8.
- **It is also not uncommon to feel you are getting sick once you commence on a new training program.** You may feel as if you are getting flu – but you are not. You are just stiff and your body is fighting the inflammation. If your immune system is a little low then you will feel it more. The solution is this:
  - Ensure you are on a good multi vitamin and as well as multi-mineral supplement.
  - Take Echinaforce drops
  - Add Turmeric to your food daily
- It generally takes about **3 weeks for your body to adapt** to Base Fit training. So hang in there, you've got this!

Great to have you as part of your Base Fit community

WELCOME 😊