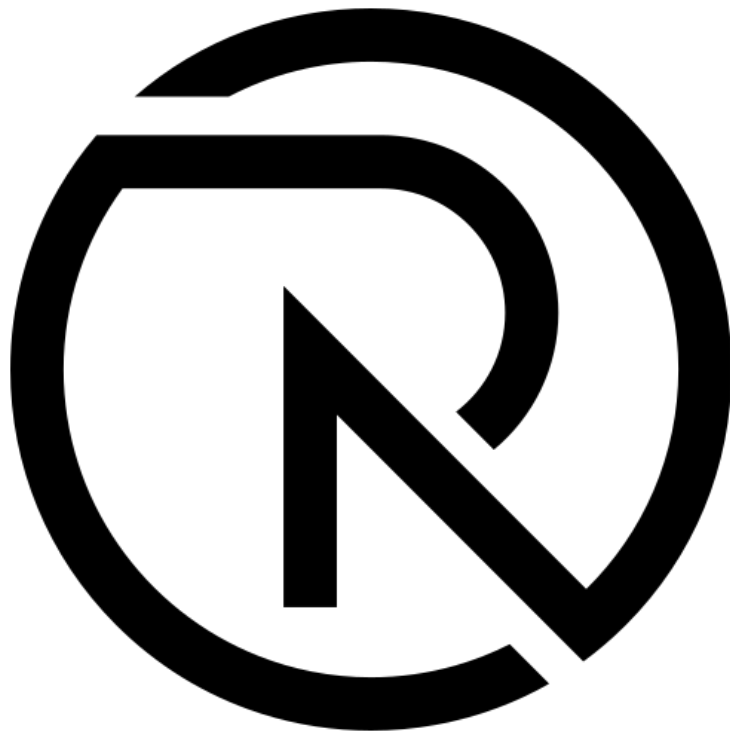


WELCOME TO RISE FITNESS



Welcome RISE FITNESS Family Member

Congratulations! You made an awesome decision. You made a decision to commit yourself to changing your life. I am so excited to have you here and have you become a member of the RISE FITNESS family.

We promise to hold you accountable to your fitness goals, as well as continually motivate and inspire you to achieve those goals and more.

We promise to be with you every step of the way. Throughout your journey, your motivation will go through ups and downs. You will be under the weather. You will be extremely busy. You will be tired. Life will get in the way and you will not feel like exercising. We get it. This is normal.

These reasons and hundreds of others will always exist. Our job as coaches is to help you see past them, and find ways to overcome them so that the commitment you've made to improve your fitness and your life is fulfilled.

We at RISE FITNESS promise to NOT quit on you, NOT give up on you, and ultimately NOT let you quit on yourself.

Again, welcome to our family. I greatly appreciate the choice you have made to invest in yourself by joining RISE FITNESS. Please don't ever hesitate to reach out to me with any questions, concerns, or feedback.

Your experience here at RISE FITNESS is my number one priority

Dedicated to your success
Colin McCullough

Zen Planner

- Zen Planner is the scheduling software
- You can use the mobile app or www.risefitness.zenplanner.com to schedule your sessions.
- If you cannot attend a training session, please remove yourself at least 8 hours before your session starts.
- If you need to cancel a session less than 8 hours before it begins, we ask that you please contact us (Email, text, or call). There is a \$10 no-show fee.
- If you are on the waitlist you will be notified by email that you have been added to the class. Please reply within 45 minutes to take the spot.

[Apple](#)



[Google](#)



Trainerize

- This is our training app that has our training programs in it. In the app you will have the exact sets and reps, video demonstrations, and you can track your workouts on your own.
- It also includes shorter workouts you can add to your days outside of the studio.
- If you are going to be away on vacation or other trips. We can add in workouts based on your equipment access.
- The meal tracker is pretty powerful. You don't have to track every week. It is a good idea to get a snapshot of your nutrition here and there.

[Apple](#)



[Google](#)



The RISE FITNESS Team

Here's an overview of the team you'll be working with at RISE FITNESS. Our team is small as we get started. We plan to grow and add a few high-quality coaches and admin staff over the coming months. If you know anyone you think would be a good fit. I would love to connect with them.



Colin McCullough

I am the owner of RISE FITNESS. I run the show and oversee all aspects of the studio. I am certified through the National Strength & Conditioning Association as a strength and conditioning specialist as well as a Certified Athletic Trainer. I have a bunch of other certifications for nutrition, training youth athletes, and functional aging.

I received my Kinesiology degree at the UMASS Amherst and then did my MS in Athletic Training at Bridgewater State University. I have an active family (2 kids 5,8), Brazilian Jitsu Black Belt, and enjoy watching college football (GO UMASS!) and of course the Patriots.



Kathleen McCullough

As co-owner and founder, Kath's role is administrative assistant and manager. Kath has been employed as a middle school PE & Health teacher in Medfield, MA for the last 13 years. Her passion is teaching and coaching youth-aged kids and also coaches the Girl's Lacrosse team for Foxboro High School.

Kath's love for fitness and training began at the UMASS Amherst where she played Division I lacrosse. There, she learned proper strength & conditioning training and learned to love how building strength directly impacted self-confidence and longevity.

She is excited to help people get started with their Fitness journey.

The Training Program

Our goal is to help you get results safely and effectively.

Our program runs in 4 week/monthly cycles with Monday/Tuesday being Day A, Wednesday Thursday Day B, and Friday Saturday Day C. If you need to come back to back days that have the same program. We will modify your programming accordingly.

Consistency is the key to getting results. Having a workout the day can slow that down because you may never actually learn how to do exercises if you change it up too frequently. It also helps you know what to expect and how you are going to feel after training. Making it a little easier to get the motivation to show up.

We have built-in progressions across the month to make things more challenging and give some variety.

Each session lasts roughly 50 minutes. Some may finish quicker than others may take a little longer.

Below is a rough template of what to expect during your training sessions.

- **Warm Up**
 - Includes foam rolling, flexibility, mobility, and core stability exercises based on your needs.
- **Power Training**
 - This includes a combination of body weight and light weight training that has a little pace to it. This may look like medicine ball slams, ladder drills, and box jumps.
- **Strength Circuits**
 - This may include 3-4 circuits of upper and lower body strength exercises paired with core and mobility exercises.
 - We track the major lifts to ensure you are progressing and getting stronger.
- **The Finisher**
 - This could be a 3-10 minute circuit to rev you up before you leave. This might include bike sprints, sled pushes, or other circuits we come up with to elevate your heart rate.

This program can be modified around your abilities and injuries. Just let us know during your session or before your session if anything is bothering you or if there is a lift you prefer not to do.

Other Services We Offer?

We have a host of other services available for you to get results. Below is the list of our other training services offered at RISE FITNESS. If you have any questions about them or how they might help you reach your goals. Don't hesitate to reach out.

- **Private Training Sessions**
 - 30 and 60-minute Training Sessions- By appointment and limited availability.
- **Private 30min Nutrition Coaching Sessions**
 - By appointment and limited availability.
- **NutritionOS 8-week nutrition coaching program**
 - Hybrid-based nutrition coaching program that includes private meetings and online lessons.
- **Online Coaching and Program Design**
 - Moving away or having a friend/family member who could use our help. We train people all over the world via our training app.
- **Sports Performance Training for athletes 7 and up**
 - Coming soon. The planned schedule is 3/4 pm after school. If interested let me know.
- **Lunch and Learns/Workshops**
 - Have a business or community that could use some help with their fitness and nutrition. Happy to set up a time to come in and present on any topics that you think your community needs.

Strategy Sessions

What are strategy sessions? This is a 15 to 30-minute meeting we will do quarterly to check in on your progress, see how things are going, and if there are any tweaks or changes that need to be made.

Sometimes a quick sit down (or call) can help jump-start results or give us a new focus to help get results. These are scheduled through Colin. We will be reaching out about every 90 days to get you scheduled.

Need to get in sooner? Just reach out to Colin and he will get you taken care of.

For training memberships only

“What if I am Away?”

There will likely be times when life events pop up that prevent you from getting to the gym - please use us as a resource while you are away!

We have an extensive bank of programs available in our training app. Just let us know when you will be away and what equipment you might have access to. From there we will update your app with all the programs you need to stay active while away.

If you are going to be away for more than a month please reach out about freezing your membership.

A Guide to Injuries

Sometimes you come to us with injuries, or sometimes an injury occurs while working with us or outside of the gym, like in a skiing accident, or having a fall at home.

We want you to know that one of the best benefits of working with us is that you're under professional supervision and we can usually work around and rehab the injury with you.

For many injuries, movement is medicine.

So coming in for your session will help increase blood flow, increase range of motion, and will often make you feel better than you did at the start.

We also maintain great relationships with the local physical therapists, and other healthcare team members to help work around your injury and keep you moving.

We are also happy to reach out directly to your physical therapists, doctors, and other healthcare team members to help keep you active around your injuries. If you need a PT please let us know we are working to establish relationships with the best PTs in the area.

1. Let the coaching team know about your injury
2. Have your PT sent over any notes or suggestions. If not, don't wait too long. Many times you can reduce your time in pain if you get seen sooner rather than later.
3. We'll work together to create a custom plan for you, getting you back to feeling your best.

Should I Be Taking Supplements?

One of the most common questions we get is, “Should I take supplements?”

Usually, the answer is, “It depends.”

If you’re only drinking 2 cups of water a day and sleeping 4 hours a night, I’d focus there first. Plus, both water and sleep are free!

But if you’ve got the basics down and just need a boost to fill in some gaps and deficiencies, the right supplements in the right amounts can make a real difference in your results.

Almost everyone would benefit from taking a daily multivitamin to fill in some micronutrient deficiencies for a pretty low cost.

Next on the list is a high-quality protein supplement. Look for 25-30 grams of protein per serving and ideally less than 5 grams of sugar per serving. Shoot for .7-1 gram per lb goal body weight a day in protein.

Finally, fish oil, has been shown to improve cardiovascular health, brain health, and joint health while supporting our immunity, vision, and weight management.

Other supplements you might consider taking include;

Vitamin D

- Increased cognition, immune health, bone health, and well-being. It can also reduce the risks of cancer, heart disease, diabetes, and multiple sclerosis.
- There is only a sufficient amount of UV light coming from the sun when the UV index is 3 or higher, which only occurs year-round near the equator.

Creatine (NOT JUST FOR ATHLETES)

- The primary benefit is an improvement in strength and power during resistance exercise
- A reduction in mental fatigue has been observed in various scenarios such as demanding mental activity, sleep deprivation, and traumatic brain injury.

Check out our recommended resources page for supplement recommendations.
www.risefitness-sharon.com/client.

“When Should I Increase My Weight?”

Another very common question we get when clients are working to get stronger. We like the model below called Reps in Reserve.

This approach encourages you to choose a weight that allows you to perform exercises while still leaving a few repetitions in the tank—typically 1-3 reps short of technical failure.

This helps ensure that you are working hard enough to stimulate progress without overexerting, promoting safe and sustainable strength gains. RIR is especially useful for adapting to your energy levels and recovery rates, making it a versatile tool in adult training programs.

If we are asking for 8 reps and we are shooting for 7-8/10 intensity. Then you should select a weight that is hard enough that you could do 2-3+ more reps with good form.

Of course, your coach will be watching as well to see how “easy” it might be for you and may switch out your weight without you even noticing :).

RPE SCALE BASED ON REPETITIONS IN RESERVE	
10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do more 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

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