



GMB Integral Strength Plus Coaching Course

REQUIREMENTS

1. Access to the internet
2. GMB Integral Strength online program pre-purchased in your own name.
3. Facebook account that is exclusively for your own use to be used for all online coaching support.
4. Space to jump, skip and sprint.
5. Skipping rope.
6. Set of parallettes or 2 sturdy stools/benches.
7. Access to a chinup bar with space for your head above the bar.
8. Timer.

FREQUENTLY ASKED QUESTIONS

Q1. Am I too old, too unfit, too overweight to participate?

- A. The answers to all of these questions is no! Provided there is no medical reason indicating that you should not participate in this program, it is designed to be accessible to everyone. If you are unsure, seek medical advice.

Q2. How do I get the best results from the program?

- A. If you can apply yourself to every session of the complete 8 week online program, this is ideal for best results.

Q3. I have a busy schedule, can I do this?

- A. Many people have scheduling concerns. The program can be modified/tweaked and my job as the coach will be to assist you in doing that. During the 8 weeks, it is strongly recommended that it becomes central focus. That does not mean you cannot do other things, it just means that some activities need to sit gently on the back burner (particularly from weeks 5 - 8). The result of this is that when you refocus on the things you love to do, you will be so much stronger and energised in those activities! **Helping you to achieve physical autonomy is the main GMB objective!**

Q4. What happens if I miss a training session, or I get sick, or my work schedule changes during the program?

- A. You will auto-regulate your level of input, and as your coach I will help you to customise your training schedule where possible to account for unpredictable situations. We do not try to catch up on any missed sessions, we continue to move forward.

Q5. What is the duration of online support coaching?

- A. It is limited to 8 weeks from the designated start date when you will begin your online program.



Q6. What does the online program look like?

A. GMB Integral Strength Online Training Schedule - 8 weeks

Week 1 - 3 days training

Week 2 - 3 days training

Week 3 - 4 days training

Week 4 - 4 days training

Week 5 - 6 days training

Week 6 - 6 days training

Week 7 - 6 days training

Week 8 - 6 days training

Note that weeks 5 - 8 can be reduced to 5, 4 or even 3 if necessary. However a full commitment will achieve best results.

Q7. How much time will I need to allow for each session conducted independently?

A. Between 30 - 40 mins. The training sessions are short and intense. Prioritising and time management are especially important in the last 4 weeks.

Q8. Can I participate in a mix of Wednesday and Saturday face-to-face sessions?

A. Yes. However we will map out a firm schedule at the start to best synchronise with the online program. Rescheduling will be possible with sufficient notice.

Q9. What should I expect from the face-to-face sessions?

A. You will perform the session scheduled for that day, or as rearranged by your coach. Some weeks will require that the days are rearranged in advance, to fit well with the program. Everything will be organised in advance, and you will know exactly what you are doing. You will train under direct coaching in order to correct your form and ensure that you are working at the right level.

Q10. What will I need to bring to the face-to-face sessions?

A. Your printed program for that session, your timer, your skipping rope if you prefer, and you may need to bring your parallettes depending on the session.