

POWER STRENGTH

TRAINING SYSTEMS

10 Ways to Be AWESOME at PowerStrength

Besides quality information and attention to detail, what separates PSTS from other facilities is the unique, positive atmosphere derived from training with like-minded people and coaches. You'll quickly see how fun and motivating training can be when going to the gym isn't a mere chore. To ensure a safe, productive environment that allows everyone to maximize his or her results, we compiled a list of things that we expect, and that you can expect, so you can be AWESOME at PowerStrength!

1. Have a positive attitude every day. There is no room for negativity, whining or complaining. We're going to work hard, but we'll have fun doing it!
2. Always support and encourage other members - share in their successes! PSTS isn't a place for jerks or gossip queens.
3. Be consistent, work hard, and be patient- the results will come!
4. Progress Not Perfection! You'll perform things you never thought possible and it will probably force you out of your comfort zone a little bit. That's ok! Understand that training is a process. You will be sore and uncomfortable at times. This is part of the process and expected. You're competing against yourself – progress is the goal! Perfection is a myth!
5. You are always in control of you. We'll guide and help you along the way but excuses will only create roadblocks and obstacles.
6. Always pick up after yourself and return equipment to its proper home whenever possible. Your PSTS Family Members will thank you!
7. Adhere to the nutritional guidance and recovery methods we provide you the best you can. They go hand-in-hand with your training and will give you the best results!
8. Life WILL get in the way at times- you must make YOU a top priority and be ready to say no – in order to so say 'YES' to you! Put your own mask on first!
9. Always do your best to be punctual and plan ahead. Adhere to the membership commitment you made and payment/training schedule. This helps keep everyone organized and with clear expectations. Maximize your time and make the most of it!
10. Recognize that you are not normal. You are part of the PSTS Family. We aren't for everyone. We are the enemy of mediocrity! You will accomplish great things and are a stronger individual because of it. Take pride in you, your work, and your gym. We're proud of you!