

POWER STRENGTH

TRAINING SYSTEMS

Welcome to The PowerStrength Family

First of all, welcome to PowerStrength Training Systems. You have taken a great first step on your journey towards success. The PSTS staff wants to thank you for choosing our program and we can't wait to help you with your personal health and training goals.

As you know, our program is not for everyone. We cater towards individuals with a strong desire to work hard and improve. Our gym family supports anyone with a positive attitude and willingness to learn and better themselves. There is no room for ego's or negativity. We don't care what shape you're in (we'll take care of that!) but we do care that you're serious about making continued success.

We have compiled this handbook to guide you along your journey with us. This is by no means a comprehensive list but it will set the foundation for what you'll be experiencing with us at PowerStrength.

Our program has worked for many people just like you and you're next in line. Here are a few simple things you have to do to make sure you're successful:

- 1. You need to train smart. We'll take care of this part. You just need to bring determination, healthy energy, and the growth mindset to every session!**
- 2. You need to make sure you're eating the right things.**
- 3. You need to make sure you are consistently applying knowledge that we will be providing you.**

The people who have experienced the most success have followed all of the above things. There is no half way. If you only do half the work, you'll only get half the results and reach half of your potential. You must make the commitment to yourself to look and feel better and most of all - lead a more awesome lifestyle!

Our goal is to give you the simplest and most effective nutrition plan, workout plan, goal setting, and motivational tools possible so that you can get the results you're looking for. It won't always be easy, but remember- if it doesn't challenge you, it won't change you. There will be times you'll have to get comfortable being uncomfortable. Just remember that everything we do is done for a reason and you have to trust the process- our only goal is to ensure you exceed yours!

We encourage you to take full advantage of the opportunity in front of you. Remember, we'll be here to guide you every step of the way. Never hesitate when you have a chance to taste success!

- The PSTS Team