

# 6AM ADULT PERFORMANCE

ONE COACH WORKS WITH UP TO 12 CLIENTS PER SESSION IN OUR PERFORMANCE GROUP COACHING PROGRAMME. WE LIMIT SPACES TO ENSURE OPTIMAL RESULTS.

## MEMBERSHIP INCLUDES:

- ✓ REDEMPTION GYM MEMBERSHIP
- ✓ BLOCK TRAINING
- ✓ PERIODIC TESTING
- ✓ 40 GROUP COACHING SESSIONS



WHY GROUP COACHING?



# #1 MORE SUPPORT

THE THOUGHT OF PUSHING THROUGH A GUT-WRENCHING WORKOUT ON YOUR OWN MIGHT NOT GET YOU EXCITED ABOUT HITTING THE WEIGHTS - BUT KILLING IT IN AN HOUR-LONG WORKOUT ALONGSIDE 6-12 OTHER PEOPLE? THAT'S A DIFFERENT STORY.

SKIPPING A SOLO WORKOUT HAS FEW CONSEQUENCES. DITCHING YOUR COACH, HOWEVER, COULD LEAD TO SOME UNWANTED SOCIAL SHUNNING. SIMPLY PUT, MEETING YOUR MORNING CREW FOR A 6AM SESSION MAKES YOU MUCH LESS LIKELY TO SKIP THE GYM TO GO FOR BEERS WITH MATES THE NIGHT BEFORE.

ALSO, WITH LARGER CLASS SIZES, IT BECOMES DIFFICULT FOR INSTRUCTORS TO WATCH AND CRITIQUE INDIVIDUAL PERFORMANCE. THAT'S WHY WE PROVIDE SMALL GROUP COACHING, IF YOUR FORM ON A NEW EXERCISE IS LESS THAN PERFECT, YOUR COACH IS AVAILABLE TO CORRECT YOU.

## MOST INTIMIDATING PIECES OF GYM EQUIPMENT

WE KNOW THAT GOING TO THE GYM CAN BE A TOUGH START. SO WE ASKED OUR MEMBERS TO FIND OUT WHAT EQUIPMENT THEY NEEDED SUPPORT WITH THE MOST! HERE IS WHAT WE FOUND OUT.

1.

**SQUAT RACK**

2.

**PULL UP BAR**

3.

**BENCH PRESS**

4.

**WATT BIKE**

5.

**CABLE MACHINES**

6.

**LEG PRESS**

# #2 SUSTAINABLE RESULTS

OUR GROUP COACHING, UNLIKE MANY BOOTCAMP-STYLE CLASSES, PRIORITISES SUSTAINABLE PROGRESS OVER THE "WORK TILL YOU DROP" MENTALITY. WHILE PUSHING YOURSELF CAN LEAD TO GREAT WORKOUTS IN THE MOMENT, CONSISTENTLY DOING SO WITHOUT PROPER PLANNING CAN INCREASE THE RISK OF OVERTRAINING.

6AM ADULT PERFORMANCE, WE CAREFULLY MONITOR YOUR PROGRESS THROUGH REGULAR TESTING, ENSURING THAT EACH SESSION IS TAILORED TO YOUR CURRENT FITNESS LEVEL. THIS APPROACH ALLOWS US TO BALANCE INTENSITY WITH RECOVERY, OPTIMISING YOUR PERFORMANCE WITHOUT COMPROMISING YOUR WELL-BEING.

BY PARTICIPATING IN OUR GROUP COACHING, YOU'LL EXPERIENCE PERSONALISED ATTENTION AND STRUCTURED PROGRAMMING THAT INCORPORATES REST AND RECOVERY DAYS. THIS ENSURES YOU STAY MOTIVATED, AVOID BURNOUT, AND ACHIEVE LONG-TERM, SUSTAINABLE RESULTS.

## WHAT DO WE TEST?

### **FITNESS:**

**500m Row** - Aerobic Fitness

**30-sec Watt Bike** - Average Power

### **STRENGTH:**

**Bench Press** - Upper Body

**Deadlifts** - Lower Body

### **SPEED:**

**Broad Jump** - Horizontal Force.

**Vertical Jump** - Vertical Force.

**Please Note:** These are examples and can change depending on the training block.



# #3 TRAINING VARIETY

WHILE FUN AND VARIETY ARE IMPORTANT IN ANY FITNESS ROUTINE, CONSISTENCY IS KEY TO SEEING REAL PROGRESS. 6AM ADULT PERFORMANCE PROVIDES THE PERFECT BALANCE, OFFERING DIVERSE WORKOUTS WHILE MAINTAINING THE STRUCTURE NEEDED FOR RESULTS. THIS IS KNOWN AS BLOCK TRAINING. UNLIKE GENERAL GROUP WORKOUTS, 6AM ADULT PERFORMANCE ALLOWS FOR PERSONALISED ADJUSTMENTS THAT CATER TO INDIVIDUAL NEEDS AND GOALS IN A PERIODISED PROGRAM.

IN OUR SMALL GROUP SETTING, YOUR COACH CAN TAILOR THE PROGRAM TO ADDRESS YOUR SPECIFIC STRENGTHS, WEAKNESSES, AND ANY PREVIOUS INJURIES. THIS PERSONALISED ATTENTION ENSURES THAT YOU'RE GETTING THE MOST OUT OF EACH SESSION, WHETHER YOU'RE WORKING THROUGH A SHOULDER INJURY OR FOCUSING ON BUILDING STRENGTH.

WITH SMALL GROUP COACHING, YOU GET THE BEST OF BOTH WORLDS—ENGAGING WORKOUTS THAT ARE VARIED AND FUN, WITH THE CONSISTENCY AND INDIVIDUALISATION NEEDED TO ACHIEVE YOUR GOALS.

## TRAINING SCALE - HOW EXCITING IS YOUR TRAINING RIGHT NOW?



## AT TIMES IN LIFE, OUR PROGRESS IN TRAINING MAY FLUCTUATE.

EXTERNAL EVENTS OR FACTORS CAN CAUSE THESE UPS AND DOWNS. HAVING A STRONG TRAINING PROGRAMME HELPS US BOUNCE BACK MORE QUICKLY, A QUALITY KNOWN AS RESILIENCE.

EXPLORE THE FIVE STRATEGIES WE USE TO STRENGTHEN YOUR TRAINING, BUILD RESILIENCE, AND THRIVE IN OUR 6AM ADULT PERFORMANCE.

- 1 PERSONALISED PROGRESSION:** TAILORED PROGRESSIONS ENSURE EACH MEMBER IS CHALLENGED APPROPRIATELY.
- 2 ASSISTANCE EXERCISES:** VARIED ASSISTANCE EXERCISES TARGET INDIVIDUAL WEAKNESSES AND ENHANCE PERFORMANCE.
- 3 TRAINING MODALITIES:** INCORPORATING DIFFERENT TOOLS LIKE KETTLEBELLS ADDS VARIETY AND BOOSTS STRENGTH IN NEW WAYS.
- 4 TECHNIQUE FOCUS:** THE COACHE PROVIDES FOCUSED TECHNIQUE REFINEMENT FOR SAFE AND EFFECTIVE LIFTING.
- 5 WORKOUT VARIETY:** MIXING UP WORKOUT STRUCTURES KEEPS THE PROGRAM ENGAGING AND PREVENTS MONOTONY.

# TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
UPPER BODY PERFORMANCE	LOWER BODY PERFORMANCE	REST	UPPER BODY PERFORMANCE	LOWER BODY PERFORMANCE

6AM ADULT PERFORMANCE SESSIONS ARE 60 MINUTES IN LENGTH.

ALL MEMBERSHIPS INCLUDE GYM ACCESS AND 40 GROUP COACHING SESSIONS



## PRICES

1. WEEKLY MEMBERSHIP \$30 per week
2. TERM MEMBERSHIP \$250 per term

*ETHAN - your coach*



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