



Online Personalized Web Training Program

Don't want to spend a ton of money on training? Live in an area with no Personal Trainer?

With online fitness training, we can develop a fitness, exercise, and nutrition program personalized for you -based on your goals, and then check in with you once a week for an online or phone session to keep you motivated and keep your progress steady!

With the online fitness program, you get a professionally developed weight training and cardio plan designed just for you -by MX SPORTS MEDICINE. Our program is easy to understand, and your regular meetings with your trainer by phone will keep you motivated, and keep you progressing. We even show you how to do each exercise properly, with video exercise description to ensure correct form and technique.

HOW DOES ONLINE TRAINING WORK?

- You start by filling the required forms which will include your goals, workout/injury history, present fitness level, required waivers and likes and dislikes with your workouts.
- Your online training will be based on your individual goals. You will be contacted by phone/email to discuss your needs/goals in detail. We will answer all your questions about your workouts and structure a plan to allow you to meet your goals. (allow 24 hours minimum response time)
- Personal exercise and nutrition plan (optional to this program) will be presented to you at this point. You will fill out a weekly report that will be sent to MX SPORTS MEDICINE for continued evaluation of your program. We will call/email you every week to monitor your progress, update your program, and answer your questions.
- The exercises come with directions/diagrams to best explain these exercises to you.
- Online Personalized Web Training is the best way to go if you are trying to save money, because it's very affordable. We can design a program based on any equipment you have access to but also recommend affordable equipment options you can buy for home use such as Swiss balls, medicine balls, ankle weights, etc. So if you don't have any exercise equipment, we can focus on the things you can do with a minimum amount of exercise equipment and costs.

ONLINE PERSONALIZED WEB TRAINING INCLUDES:

- Individualized program designed just for you. This includes proper warm-up drills and stretching to prevent risk of injury. Developing and maintaining flexibility helps maintain proper range of motion (ROM) in your activities. This also includes a PreHab/Rehab

program to address problems areas fro previous injuries such as shoulders, ankles, knees, etc.

- Strength and Conditioning program designed for you. This will be structured to the goals you have set forth at the beginning. The information will be detailed to help you to improve safely and successfully in your program. Your program will be have information pertaining to sets, reps, frequency, type of exercise, rest in-between reps and proper form of exercise. The program will change every 6 weeks depending on your goals.
- Core Strengthening Program for abdominal muscles and back. There are hundreds of core strengthening exercises to use to keep your program fun and challenging.
- We will also calculate your heart rate training zones for a smart, safe cardio training program.
- Also included are weekly phone and email consultations as needed to maintain motivation and progress.
- Discussions pertaining to your riding program are included as well.

We offer monthly packages, 3 and 6 month packages as well as an annual program for long term commitments. All at a price that anyone can afford.

CONTACT US TODAY FOR YOUR ONLINE PERSONALIZED TRAINING PROGRAM!!!

MX SPORTS MEDICINE

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