



2x Pro Fitness Champion

Julie Germaine
—Fit—

Training Phases

Your annual training program is organized into phases created purposefully to **guide your body to change** by focusing on one goal at a time. These training phases are designed to maximize your results by coaching you in lifting form, muscle development, fatloss, weight management and strength gains. Based on your program start date, the **entire year has been mapped out for you!** You simply follow the workouts provided month by month. Cardio perscriptions in each routine align with these training phases and each schedule **takes life into consideration**, **pushing you at all the right times** and understanding when during the year fitness might fall down your list of priorities.

Foundations

Improve lifting form and protect body from injury by properly preparing for increased physical activity. Client will develop mind/muscle connection, core strength and self-awareness.

Lean Build / Bulk

Firm total body and correct muscular imbalances by spot training. Client will target problem areas and build lean muscle.

Slim Down / Cut

Reduce bodyfat and achieve definition in physique. Client will improve cardiovascular conditioning, decrease body mass and lose belly fat.

Maintain

Solidify fitness routine to maintain body conditioning and avoid loss in progress. Client will achieve lifestyle balance and better overall health.

Strength

Develop athletic physique and fight against signs of aging. Client will strengthen body to plump muscle bellies, reduce cellulite and protect spine & joints from effects of active living.