

Coaching Welcome Packet



Hey!

First off - thank you for choosing me as your coach.

You have the choice to work with anyone in the world, so I'm truly excited to embark on this stage of your fitness journey with you.

Not only do I want you to be proud of your accomplishments as we proceed, I also want you to enjoy the process. Online coaching affords us a great opportunity to work collaboratively towards your goals, and that starts here!

This short information packet will explain how the coaching process works, what I expect from you, and what you can expect from me.

Thank you again. I'm here for you every step of the way.

In Health,

- Z

Assessments & Pre-Testing

It's tremendously valuable to do some form of assessment and pre-testing prior to initiating any program, and this one is certainly no exception. However, baselines must also be specific to each individual goal. Strength athletes should note their max lifts and endurance athletes their marathon time, etc. That said, regardless of the pre-test in question, good tests are also SAFE tests.

We start with a simple 3-step physical assessment:

- 1-Leg Balance
- Plank
- Bodyweight Squat

Along the subjective assessment lines, before you start up, I'd encourage you to take "before" pictures. Men can do it in a pair of shorts, and women in shorts and a tank top or sports bra. They'll obviously help both with the postural assessment component of this program, and also with evaluating body composition progress.

Note the following:

- **Weight**
- **Photos (Front, Side, Back)**
- **Current maxes (if applicable)**
- **Film & Perform this quick [Baseline Assessment](#)**
 - **Standing 1-Leg Balance x 10s each**
 - **Plank x 2 Minutes**
 - **Bodyweight Squat x 10**

Program Blueprint

Workout & Nutrition Plan:

- Programs are delivered via Google Sheets (desktop and mobile app)
- Programs are sent as .pdf files for printing
- All exercises are hyperlinked to tutorial videos

Communication:

- Coaching calls may be booked at [Calendly.com/ZackHenderson](https://calendly.com/ZackHenderson)
 - Schedule 2 or more days in advance
- E-mails may be sent to Zhenderson711@gmail.com
 - Allow for one business day for response
- General questions and updates may be shared on the [coaching Facebook group](#)

Updates & Accountability:

- Regular feedback allows for optimal program adjustments
- Send weekly recap email (if no call) and include:
 - How difficult were the exercises or weights?
 - What techniques are you unsure about?
 - Which moves do you like most/least? What needs more or less work?
- Exercises may be filmed for technique review
 - As requested by Zack
 - As needed for questions
 - May be filmed on phone and shared via text, YouTube, or iCloud
- E-mail/call schedule is based on goals and service offering
- Progress photos may be taken monthly with front, side, and back views
- Weight may be recorded 1-2x per week

Terminology

Rep/Repetition: One performance of a single exercise

Set: A series of reps performed together without stopping

Volume: The total amount of work done (Sets x Reps x Weight)

Volume is always written as **Sets x Reps**

3 x 8 = 3 sets of 8 reps

Super Set: Two or more exercises performed back-to-back before rest & repeat

- Denoted with A) / B)

Warm Up Sets: Lighter sets of an exercise to specifically prepare the body for the heavier working sets

Working Sets: The heaviest prescribed sets of an exercise

Load: The amount of weight used in an exercise

- Represented in pounds or as a percentage of maximum

Tempo: The speed of a repetition

Rest: The amount of time between sets

RPE: Rate of Perceived Exertion

- A 1-10 scale to express how difficult a set was
- 1 = Very Easy / 10 = Very Hard or Failed Rep

BB: Barbell

DB: Dumbbell

KB: Kettlebell

* The nature of your program may not require instruction on all of these parameters!

Accessing the Video Database

I've personally recorded reference videos for nearly every exercise that might be included on your program and am continually adding to the database. This means you get my coaching cues and tips to ensure you're getting the most out of each move.

While each exercise on your program is linked to the corresponding video, you'll find that the database will be a great overall resource to you as well.

> [Click Here for Video Database](#) <

Frequently Asked Questions

How should I warm up?

You'll have a general warm up protocol for the session at hand, but you'll likely need to perform warm up sets for primary (heavy) lifts.

For barbell lifts, I always recommend doing 1-2 sets of 10 with an empty bar then progressing as necessary to hit 4-6 progressively heavier warm up sets of 3-8 reps each before getting to the working sets.

For example, let's say your working set of back squats is 5x5 with 135 lbs...

You'd perform the following warm up with 30-60s rest between sets:

2 x 10 with the bar

1 x 8 with 65

1 x 6 with 95

1 x 5 with 115

1 x 3 with 125

For lighter assistance exercises, 1-2 warm up sets are recommended with 50-75% of working weight.

My gym is crazy busy and it's hard to perform the program exactly as written! What should I do?

If equipment is hard to come by, you may alter the order of exercises. This isn't a big deal for accessory moves, but if forced to perform secondary exercises before the primary ones, just try not to get too fatigued.

If you're at risk of losing your equipment, don't worry about performing supersets. Instead of bouncing between exercises, simply perform all sets of one exercise before moving on.

What if I miss a training session?

Don't sweat it. Just let me know and pick up the next day or as soon as possible.

What if an exercise is super easy?

By all means, you may add 2-5 reps or an extra set if you have time. Weight may be added up to 15% of the original number. Not every exercise needs to be intense, but if you feel you need more, just say so!

What if I'm having trouble completing the working sets with the prescribed weights?

You have a few options:

- 1) Perform "Cluster Sets" - Break the set up into 2 or more mini-sets.
 - a) For example, a set of 8 may turn into 2 x 4 or 3, 3, 2
 - b) Rest 10-20 seconds between the clusters
- 2) Reduce the weight as much as needed in order to hit the reps
- 3) Reduce the reps by 1-3

What if I feel pain?

Stop.

Discomfort, muscle burn, soreness, and fatigue are normal responses to hard training. Pain, however, is a clear signal from your body that something is wrong. Working through pain is never a good idea. Always communicate any pain triggers, even if they are inconsistent!

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