

## Frequency asked questions about Top Form Inc. training programs!



### What is Top Form Inc. all about?

First let me tell you what we are **NOT** about. We are **NOT** about just a workout or conditioning, anybody can do that!

We are about performance at any level and any age male or female! Whether you are a top athlete, stay at home mom/dad, top executive, middle aged business person, couch potato, or retired. Top Form inc. will devise physical, mental and nutritional programs for YOU! We want to have an **impact** in your life.

### Why should I commit to more than a few weeks of training?

Our program depends upon a philosophy of **commitment!** We offer short programs to introduce you to the benefits of training or rehabilitation with Top Form Inc. but owner Ron Annis firmly believes that 6-8 week programs only scratch the surface and do not truly effect change in performance. Positive daily habits effecting performance at all levels are the product of consistent training and effective use!

**“You are what you repeatedly do, Excellence then becomes a habit” Aristotle**

### What do your training sessions look like?

We offer personal training sessions, but the bulk of our training is in small groups. Small groups bring out the best in people, each is responsible for their own programs while helping, spotting and encouraging others in the class. A truly empowering way to train! Four to six people with a Top Form Inc. *Professional Trainer* each working toward their personal excellence.

### How do you train athletes of differing age, abilities and different sports?

Our programs are age appropriate and functionally progressed! Now what does that mean? A 7<sup>th</sup> grader will not train the same as a junior nor will the junior train like a college athlete. Speed, Strength, Power, etc. progress according to the growth and development of each individual. Many exercises used in the college setting should never be used at the high school level because of injury! But,.... we also train functionally, that is to say when an athlete stays with us and reaches (safely and appropriately) ever increasing levels of difficulty he or she may reach incredibly high levels of training in their Junior and Senior years at high school. Each board exercise is chosen for an effect on our training pyramid (see Training Pyramid).

### How do you determine where to start your training at what level?

We at Top Form Inc. are **Health Experts** and **Movement Specialists**. We live this life everyday; and will help you attain your goals and becoming our motto: **Live It!** We watch your movement see your knowledge of training and continually evaluate your personal needs/goals.

What does your training consist of?

The backbone of our programs is **education**, we want individuals to have the tools and be **empowered** to pursue their personal goals. Any good program starts with a good strength program!

Speed, Balance, Movement, Agility all progress from a strong strength base! Individuals will be functionally evaluated and a personal strength program will be designed using a variety of equipment like: Free-weights, Machines, Thera-Balls, Medicine Balls, Resistance Bands and much more. From this base we consistently train in other disciplines like: plyometrics, vision, nutrition, mental training, speed, agility, balance, fitness. Each discipline will build through a functional and educational progression ensuring that individuals have both the skill *and* knowledge to progress to more difficult training levels.

Why is Top Form Inc. so concerned about the educational component?

Education is empowerment! The more we impart why we are training and what the training is affecting the better the compliance and better commitment to your goals! **Education makes us understand this is a journey to better health, athleticism and your personal goals... NOT just a workout!!** We find this especially true when approaching our athletes, nutrition. We are here to help the entire individual in all components of health and fitness.

What about training during the season?

Absolutely! I know many of you are concerned about the time commitment and that your child will be training with his/her team! Top Form Inc.'s yearly program is priced so that you do not need to train 3-4x/week during the season. Come as little as one time/week and we will continually develop skills needed to succeed. We do not want to take the place of your team's or coach's training! We want to ensure proper movement and proper progression. Nutrition, mental training, flexibility, speed, vision can all be continually developed!

What will the first appointment look like?

You'll jump right in! Come prepared with shorts, tee-shirt, and change of shoes to basketball or x-trainers. A general strength workout will be devised prior to the class and we will begin to progress you from the very first movement we see!

More?

You bet! We are injury prevention, treatment and rehabilitation specialist! Your membership at Top Form Inc, enables you to access our deep knowledge in pursuing injury prevention and in case of unforeseen injury be treated and rehabilitated right here at our center with your current membership!

Call 477-2700 for more information or to sign-up!

Find more info at: [www.topform.us](http://www.topform.us)