

FastForward Fitness

# IT ALL STARTS HERE

This is your Jump Start.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HUTTO FAMILY YMCA  
[ymcagwc.org](http://ymcagwc.org)

# Here's how we BREAK IT DOWN.

## FASTFORWARD FITNESS IS MADE UP OF TWO PARTS

### JumpStart –Our Introduction to You and You to Activtrax

You'll get two one week free Y membership passes for friends.

**Test Drive / Follow Up – Workout Walkthrough:** Your wellness coach will walk you through your first generated workout and answer any questions you have about the program.

You'll get a free Tshirt for completion of the TestDrive appointment.

### WHAT TO EXPECT AT YOUR JUMPSTART

Come to your appointment prepared to exercise.

Your one-on-one time will include:

- Discuss Health History  
(some cases may require a medical clearance)
- Establishing health and wellness goals
- Strength assessment consisting of 5 basic exercises
- Developing a customized and easy-to-follow fitness plan
- Create an individualized nutrition program
- Overview of how to use our ActivTrax system

We'll develop a program tailored to your specific goals and needs.

### SAMPLE ACTIVTRAX WORKOUT PLAN

TODAY'S RESISTANCE WORKOUT														Date Of Workout	/ /	Resistance Start Time	AM	PM
Novice, Day: 1		Approximate time of resistance workout: 52																
EXPECTED FEEL	SEAT	EXERCISE	SET 1			TODAY'S	SET 2			TODAY'S	SET 3			TODAY'S				
Region	OTHER	Manufacturer	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS				
Target Area		Equipment Name																
Warm Up		Seated Chest Press																
Chest		Precor Selectorized Discovery Series	20	14-20	1:00		25	10-15	1:00									
Pecs	N/A	Chest Press																
Heavy		Pec Fly																
Chest		Precor Selectorized Discovery Series	30	8-12	0:45		30	8-12	0:45		30	8-12	1:00					
Outer Pecs		Rear Delt/Pec Fly																
Medium		Wide Grip Pulldown (front)																
Back		Precor Selectorized Discovery Series	35	10-15	0:30		35	10-15	0:45		40	8-12	1:00					
Lats	N/A	Lat Pulldown																
Medium		Seated Back Extension																
Back		Precor Selectorized Discovery Series	50	BEST	1:30		50	BEST	1:30		50	BEST	1:00					
Lower Back		Back Extension																
Medium		Seated Shoulder Press																
Shoulders			12	BEST	0:30		12.5	BEST	1:00									
Deltas	N/A	Dumbbell																
Medium		Concentration Curl with Twist																
Arms			7.5	BEST	0:30		7.5	10-15	1:00									
Biceps	N/A	90-Degree Utility Seat																
Medium		Seated Tricep Extension																
Arms		Precor Selectorized Discovery Series	15	BEST	0:30		20	BEST	1:00									
Triceps	N/A	Tricep Extension																
Warm Up		Seated Leg Press																
Legs		Precor Selectorized Discovery Series	70	10-15	1:00		70	10-15	1:00		80	10-15	1:00					
Quads/Hams	N/A	Leg Press																
Light		Abductor																
Legs		Precor Selectorized Vitality Series	45	14-20	0:15		45	BEST	1:00									
Outer Thighs	N/A	Inner/Outer Thigh																
Medium		Abductor																
Legs		Precor Selectorized Vitality Series	55	10-15	0:45		60	8-12	1:00		60	BEST	1:00					

# Earn discounts and HOLD YOURSELF ACCOUNTABLE.

To encourage success and to help you stay on track, you can earn Y Bucks, which can be redeemed for discounts on select YMCA programs. Take a look at how you can earn them in the FastForward Fitness Program:

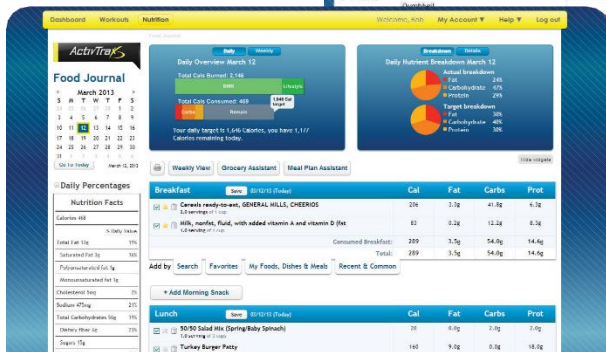
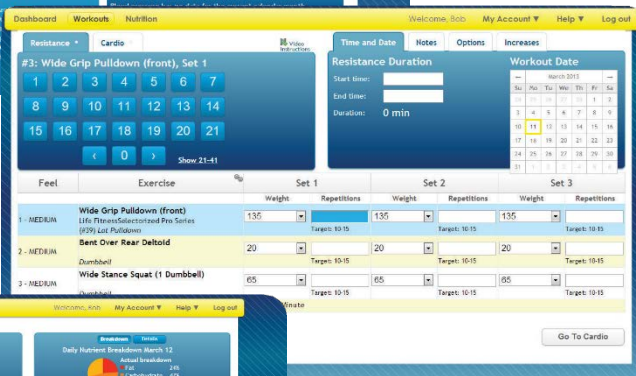
## MONTH NUMBER OF LOGGED WORKOUTS REWARD

- 1 = 2 WORKOUTS PER WEEK \$10 Y Bucks
- 2 = 2-3 WORKOUTS PER WEEK \$10 Y Bucks
- 3 = 3 WORKOUTS PER WEEK \$10 Y Bucks

### Active Tracking



### Guided Workouts



### Nutrition & Meal Planning

# LET'S WORK IT OUT

Your FastForward Fitness appointment is scheduled for:

\_\_\_\_\_ AT \_\_\_\_\_ AM/ PM

WITH \_\_\_\_\_ Please meet your coach in the lobby  
by the front desk.

If you have any questions or need to reschedule, contact:

PHONE 512-846-2360 EMAIL rfontenot@ymcagwc.org

## A FEW REMINDERS



1. Wear loose-fitting exercise clothing, sneakers and bring water. Staying hydrated during exercise is important.



2. Eat a light snack 1-2 hours before your appointment.



3. If you need to cancel, we ask that you give us 24-hour notice.

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