



# **SIM SQUAD PROGRAM**

**DISCOVER A STRONGER, HEALTHIER &  
MORE ATHLETIC VERSION OF YOU**

**MOVEMENT.  
HEALTH.  
PERFORMANCE.**

# **SIM SQUAD PROGRAM**

**SIM SQUAD – Our group athletic strength & conditioning program is here!**

**SQUAD is designed to help you discover a stronger, healthier and more athletic version of yourself. We focus on developing key athletic attributes that are essential elements of a healthy active lifestyle. You will improve your:**

- **Strength & Power**
- **Fitness & Endurance**
- **Mobility & Flexibility**
- **Balance & Coordination**
- **Fundamental Movement Skills**
- **Body Composition & Lean Muscle Mass**

**STRENGTH  
IN MOTION**

# WHY SQUAD?

**We've taken our 30+ years of 1 on 1 movement coaching, health coaching & strength & conditioning experience, and turned it into a structured and accessible program, suitable for anyone who wants to be strong, healthy, active and athletic.**

SQUAD balance's the energy of a team training environment, with the focused feedback and customisation of personal training.

SQUAD is a more affordable option than PT, but offers more structure, focus and attention than large group classes or bootcamps.

SQUAD gives you access to:

- Structured Strength & Conditioning Program
- Semi Private PT Sessions (no more than 4 people per coach!)
- Group Athletic Conditioning Sessions
- SIM App With Multiple Daily Workout Options
- Health Coaching & Nutrition Advice

# HOW IT WORKS

**The program is broken up into 6 week training phases, each time a phase is completed we update the program accordingly for the next 6 week phase.**

**Each week in the training schedule there are:**

- 3 x Strength workouts - Upper body & core, Lower body & core, Full body functional
- 3 x Conditioning workouts - Targeting different heart rate zones and work to rest ratios
- The Strength sessions are all Semi Private PT Sessions with no more than 4 people per coach.
- The conditioning sessions are upto 8 people per coach utilising cardio machines, bodyweight movement drills, and circuit style workouts

**The whole program in your pocket, via the SIM app, train anywhere:**

- 2 different levels each day, for different ability and fitness levels
- Extra conditioning workouts, incase you can't make a group session
- Group chat function & direct messaging with your coach
- Bonus content and recovery workouts

# SESSIONS TIMETABLE

MON At Gym	TUE At Gym	WED At Gym	THU At Gym	FRI At Gym	SAT At Gym
STRENGTH Upper body & core	CONDITIONING Interval Training	STRENGTH Lower Body	CONDITIONING Movement Circuit	STRENGTH Full Body Functional	CONDITIONING Endurance
6:00AM 7:00AM 8:00AM 9:00AM	7:30AM	6:00AM 7:00AM 8:00AM 9:00AM	7:30AM	6:00AM 7:00AM 8:00AM 9:00AM	7:00AM

***ALL WORKOUTS AND SESSIONS ARE BACKED UP IN THE SIM APP, SO THAT YOU ALWAYS HAVE ACCESS TO THE PROGRAM, NO MATTER WHERE YOU ARE!***

# SQUAD PRICING STRUCTURE

pw = per week pm = per month	Individual Sessions	Session Packs	Full Weekly Access \$150pw
<b>Semi Private PT Strength Sessions</b>	\$65	10 = \$600	3 Sessions PW Included
<b>Group Conditioning Sessions</b>	\$35	10 = \$300	3 Sessions PW included
<b>App Access</b>	\$39.00 per month	\$39.99 per month	Full App Access Included
<b>Gym Membership</b>	\$35 per week	\$35 per week	\$35 per week

# WHAT YOU NEED TO KNOW

**Once you have decided to come onboard, There are a few things you need to know to get the most out of the SQUAD Program.**

- All session packs have an expiry date 12 weeks from purchase as we want to ensure best results via consistent training sessions, please make sure you use all your sessions before they expire.
- PT & Group sessions are booked through the acuity booking platform, the SIM app is purely for program content and messaging your coach, we will provide you a link to the booking page.
- If you are not booked in, we can't plan for your inclusion, so please book well in advance.
- You can reschedule sessions on the booking platform, but you can't within 12 hours of the session.
- We have a 12 hour cancellation policy, if you cancel your session after 6pm the preceding day of your session, you will lose that session from your pack.
- Once you have made payment for your session pack, a booking link will be provided on your receipt.
- If you are on the weekly plan, once your subscription is set up we will send you a booking link to keep handy, so you can book your classes in ahead of time.
- Session packs and weekly fee's are for the program and sessions only, you will also need to set up a gym membership at the well, for \$35 per week.