

NEW MEMBERS: WHY GROUP POWER?

Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training using an adjustable barbell, body weight, and heart-pounding music. POWER UP!

WHY GROUP POWER IS AN EFFECTIVE PROGRAM FOR MEMBER ONBOARDING



QUICKER RESULTS

People new to exercise are often hoping to experience quick results from committing to an exercise program. With strength training, while it can take six weeks or more to see changes in muscle definition, gains in actual strength happen more quickly. These strength gains are due to rapid improvements in motor skills such as technique, muscular coordination, and motor unit activation, which in turn enhance confidence and motivation. As Group Power participants feel stronger, they also see incremental strength gains as weight plates are added to the bar.



SIMPLE TO START

It can be very simple to get an individual started. They can use the bar only or a bar with extra small plates for a complete workout. An individual should have one goal for their first workout: to mimic the movements to their best ability and just follow along. This will ensure they still get a great bodyweight workout and have a sense for how the workout flows. In a first experience, the goal is not to get stronger but rather to learn the basic mechanics of the movements. As they become more familiar with Group Power, they can add more weight to create a more challenging workout.



MOVEMENT VARIABILITY

There is an incredible amount of movement variability in Group Power from moving beyond linear strength training with the barbell, to incorporating body weight training, to Loaded Movement Training using plates. As a result, there is considerable postural variety in that no one posture is sustained for an extended period of time. This ensures that new participants do not experience postural fatigue that can accompany new exercise disciplines.



ALWAYS AND NEVER THE SAME

There is comfort in the reliability of Group Power. You'll be able to highlight to a new person that the next time, and each time they come thereafter, the workout will be very similar to what was just experienced. The track order, the delivery vernacular, and the equipment will be the same. What might change is the music and the movements within each working phase, but more elements will be recognizable than not.



BREAKS IN THE ACTION

At a glance it seems like 60 minutes of nonstop movement, but really when broken down it is about 46 to 48 minutes of movement which does not include 10 minutes of warming up and recovering. Within the workout, during those 46 to 48 minutes, the working phases also include recovery portions. The stop-start nature of Group Power makes it more mentally and physically consumable compared to more continuous workouts.



PROGRAMMED FOR ALL FITNESS LEVELS

Group Power is designed for able-bodied adults of all ages and fitness levels. Instructors are trained to coach options or modifications to ensure that all participants are able to do every part of the workout. This results in a greater sense of perceived success, meaning participants are more likely to feel successful and want to keep coming back to keep improving ... and ultimately, keep moving!



REQUIRES LESS MOVEMENT IQ

Group Power uses relatively simple movement sequences focused on improving total body strength. It requires less movement intelligence or skill than some programs that require greater coordination. As the participant learns the exercises and movements, they'll easily blend in with others and feel more successful, confident, and empowered.