



OPEX[®]

SOUTH SHORE

FITNESS

WHAT IS OPEX?

OPEX is the last gym you'll ever join. We offer professional coaching that delivers personalized fitness to help you forever. We want to enhance your life through fitness and health and to do so we believe every **body** requires a personalized plan.

HOW IT WORKS

Step 1: Initial Consultation

This is a 30 minute conversation to get to know you, your goals, background, nutrition, lifestyle practices, limitations, etc.

Step 2: Assessment (Body, Move, Work) - 3 Personal Sessions

Body - A full body composition analysis using our InBody 270 machine

Move - Strength Testing and Movement Analysis

Work - Aerobic Testing

Step 3: Program Design and Execution

You'll receive your workout every morning via email, then execute the workout at the gym under the guidance of a coach on the floor.

Step 4: Monthly Consultations

A meeting with your coach once every month to assess your progress and dig deeper into areas that need attention..

#OPEXFAMILY

- Initial Comprehensive Assessment
- Personalized Fitness Plan
- In-Person Coaching
- "Team" Workout Environment
- Monthly Consultations
- Body Composition Analysis
- Workout Tracking via FitBot
- Nutritional Consulting and Guidance
- Lifestyle Practices Consulting and Guidance
- Awesome Community and Support
- 100% Satisfaction Guarantee

COACHING HOURS

Monday-Friday: 6am-10am & 4pm-7pm | **Saturday:** 7am-10am | **Sunday:** Closed

OUR GUARANTEE

We guarantee that if you execute your plan as you and your coach have discussed, you will see progress forever. The journey of each of our clients is unique to them and we want to be the guiding force to give you all the resources you need to find ongoing success in your health and fitness. We are committed to you and providing you the very best coaching possible.

We look for clients that are driven and committed to their own goals and executing their plan by holding themselves accountable to do so. The relationship between coach and client is very important to us and we believe that relationship will be the backbone for a life-long journey of success in health, fitness and life.

LIFESTYLE GUIDELINES

1

There are
24 hours in a day;
apply work and rest
appropriately.

2

The earth spins, and the
sun & moon correlate
with our energy patterns;
we need sun exposure,
we sleep with the moon.

3

You will one day die;
get over it and
get living.

4

Water, moving blood
and proper digestion
are essential daily
routines.



WATER IS ESSENTIAL. It assists in daily cleansing, proper usage of nutrients and actual balancing of energy. 1/2 of someones BWT in ounces is a solid starting point.



RECOVERY begins immediately after the training session. It is enhanced through electricity (marc pro, compex, e-stim), Compression (self release, massage — light and aggressive, compressive gear, tights/sleeves, water immersion) and Blood Flow (walking, hiking, dry skin brushing, healthy swinger, stretching).



CIRCADIAN RHYTHM is the truth. The first thing all of us can do is honor the rhythm of life. Go to bed with the moon and rise with the sun. Going to bed and getting up at the same time each and every day is vital to balancing energy.



DIGESTION. It requires a one word sentence as its so important. It's King. When you put food in your mouth, it is a 36-44 hour investment in most people.



LOW DRAG. Food should not be a challenge to us. In most cases, simple foods like rice, whey shakes, cooked veggies, nut butters, breads, simple fruits, etc. are accepted and useful. Remember, timing is everything.