

New Client Start-up

First and foremost, thank you for your interest in becoming a client!

Getting started is pretty simple; if you haven't checked it out yet, be sure to read over the [Services](#) page as it will describe the basics.

First and foremost, I ask that all new clients sign-on for a minimum of three-months. I do this for several reasons:

* This gives me peace of mind that the client is serious and dedicated to achieving his/her fitness/physique goals. Not only do I pride myself on my own success, but that of my clients as well. If you aren't serious about achieving your strength, physique or long-term health goals, I'm probably not the coach for you.

* This ensures that I will have adequate time to produce results; as we all know, Rome wasn't built in a day - and I can't fix your body or sculpt you into the next Adonis in one month. With a three month time frame, we can definitely start to see some positive changes in your body.

After the three month minimum, I have no issues with clients who want to continue working together on a month-to-month basis.

So once you've decided that you want to get stated, what do I need from you in preparation?

1) I need full-length posture shots from the front, sides and back. Here are the pictures that I need (also outlined in the Assess and Correct e-manual):

- Front view
- Right Profile
- Right Profile, Hands Overhead
- Right Profile, Fingertips behind head, lift left knee as high as possible
- Back view
- Back view, hands on hips
- Back view, hands overhead
- Back view, fingertips behind head, lift left knee as high as possible
- Back view, fingertips behind head, lift right knee as high as possible
- Left profile
- Left profile, hands overhead

- Left profile, fingertips behind head, lift right knee as high as possible

These pictures will allow me to determine your current problem areas, postural distortions, and how exactly we are going to go about fixing them. Make sure to include everything from your feet to your head. And no, I don't need any pictures of you posing or anything like that!

2) If possible, video clips really help. If you're a powerlifter, video clips of the competitive lifts help. At the very least, it helps me to have video clips of the following movements:

- Body weight squat (front and side view)
- Body weight lunge (front and side view)
- Any specific lifts you may want to improve upon during your training
- Push-ups (from the top-down, pointed towards the upper back. Guys, no shirts – ladies, tank tops or sports bras, please. I need to see what's going on with your scapulae).

2) A list of your short-term and long-term goals. This may difficult for some, especially because many haven't done it before! This will give me clarity when writing your program; we'll also work together to develop an action plan to help you achieve those goals.

3) You either need to purchase (or already own) the **Assess and Correct DVD's**. This is an INTEGRAL PART of your training, and something that will keep you healthy both now and in the future. I don't do this to pimp my products; I do this because it's something that you'll use long after you're done working with me.

4) After I have all this, the last thing I need is a payment for the three months. I've provided two options – either monthly installments of \$399, or a one-time payment of \$1,197. Feel free to use whichever method is appropriate for you.

Again, THANK YOU for your interest in becoming a client. I appreciate your time and look forward to helping you achieve all your fitness-related goals!

Stay strong

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