


# 1 Introduction training I




In your first guided training session, we establish your current health status and discuss your fitness goals. Together, we will then draw up a personalized training program and start with the first exercises.

 Tip: Ideally, **plan your fitness training** on fixed training days. That way, training will become a habit. If you stick to it, you'll achieve your goals quicker.

# 2 Introduction training II




You will undertake an endurance test to determine your physical condition. We will discuss endurance training and show you different ways to improve your endurance performance further. We will also round off your training program with additional exercises.

 Tip: **Add variety to your training program** with a group fitness class. After all, sport is more fun in a group and it motivates you to work out.

# 3 Follow up training






After ten independently completed training sessions, we accompany you again to make sure that you are doing the exercises correctly. If necessary, we will adjust your training plan.

 Tip: **Increase your training intensity** by steadily increasing the weights you use during each exercise. This stimulates your muscles even more.

Our locations:




 /activfitness.ch  
 @activfitness.ch  
 @activfitness.ch

## 4 New training plan




It's time to stimulate your body in a new way. Together, we will create a tailored training program combining new exercises and different levels of intensity. We will also conduct another endurance test to measure the progress that you have made this far.

 **Tip: Change your training habits.** Try out different new intensity techniques to newly challenge your body. Our coaches will be more than happy to show you how.

## 5 Support



Do you have any questions about your individual training plan? Do you need help during training? We always offer personal professional advice and support. We will gladly discuss any questions you may have.

 **Tip: Analyze your training progress in our app.** Logging each training session gives you a good overview of your progress. This makes it easier to determine your current fitness level.



Android



iOS

**ACTIV**  
FITNESS

**Train successfully  
with our support  
concept**

