



GLADIATOR FITNESS

ELITE OUTDOOR BOOT CAMP

WELCOME TO THE LEGION!

Thank you for choosing Gladiator Fitness, voted Northern Virginia's BEST BOOT CAMP, the Boot Camp of the Discovery Channel, and the Official Boot Camp of the Mid--Atlantic Super Spartan Race!

Why the Best? At Gladiator Fitness you will receive all the services of a personal trainer while enjoying the benefits of training in a highly motivated group setting. For over 8 years we have trained and educated clients on fitness and nutrition and helped many achieve goals they never dreamed possible.

Why is GF different? At Gladiator Fitness we provide you with the absolute BEST VALUE. Sure, a gym membership may be cheaper, but are the four walls of a gym and a lot of fancy exercise equipment going to help you achieve your goals? Seeking out a personal trainer is another option, but at an average rate of \$70 per hour, just TWO sessions with a personal trainer can be more expensive than an entire month of Gladiator Camp! In my 30 years in the fitness industry, I have learned that the inability to sustain motivation, and the absence of exercise variety, are two of the major reasons why most people give up on their health and fitness goals. If you are ready to commit to my workouts and nutritional guidance, I guarantee that you will feel remarkably leaner, stronger, faster, and more positive and confident in just 4 short weeks (if not less)!

Gladiator Boot Camp – As a new recruit, your mind and body transformation begins during your initial 4 weeks of Gladiator Boot Camp. It is during this critical period that I will introduce you to my dynamic fat burning and muscle building workouts, as well as introduce you to my "Get Cut" Nutrition Plan and meal planning guidance. One of the great benefits of committing to my program is that almost immediately you will start replacing old bad habits with new and healthy habits. Almost overnight, you will discover that not only will you start feeling terrific as a result of my incredible fat burning and muscle building workouts, you will also compound those positive effects as you start making smarter and healthier food choices.

Experts say that it takes 21 consecutive days of performing a new activity in order to create a new habit, so it is critical that you commit to my workouts and nutritional guidance during this initial boot camp phase. As you begin to compound the effects of my workouts and proper nutrition, I guarantee you will start feeling like a Spartan within a few short weeks!

I am looking forward to have you in our ranks!

www.gladiatorfitness.net

Health History Questionnaire

1. Please indicate if you have had or currently have any of the following medical conditions:

<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Chest Pain	IF YES TO ANY OF THESE, PLEASE EXPLAIN
<input type="checkbox"/> Anemia	<input type="checkbox"/> Back Trouble	_____
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Asthma	_____
<input type="checkbox"/> Joint Pain	<input type="checkbox"/> Hernia	_____
<input type="checkbox"/> Fainting Spells	<input type="checkbox"/> Epilepsy	_____
<input type="checkbox"/> Bleeding	<input type="checkbox"/> High Blood Pressure	_____

2. Please describe any history of hospitalizations, operations and/or serious injuries:

3. Are you currently taking any medications (including non-prescription)? Please provide specifics (i.e., what type, quantity, etc.)

4. Please circle **Yes** or **No** to the following:

Do you have or have you had any pain or tightness in the front or back of your chest? Yes No

If yes, is it during exertion and/or with anxiety? Yes No

Have you ever been told you have an abnormal EKG? Yes No

Do you ever have swelling of the feet and/or ankles following long periods of standing or intense physical activity? Yes No

Does your heart ever beat irregularly? Yes No

Has a physician ever said you have a heart murmur? Yes No

Do you get cramps in the back of your legs when you walk? Yes No

Have you noticed any circulatory problems in your feet or hands? Yes No

Do you have chronic lower back pain? Yes No

Do you have pain in your legs and/or feet? Yes No

Do you have joint pain, stiffness, swelling, or instability? Yes No

Do you have trouble walking/jogging or in using your hips, shoulders or knees? Yes No

CLIENT ENROLLMENT AGREEMENT

DISCLOSURE & RELEASE

I agree to participate in a physical fitness program with a trainer or trainers of Gladiator Fitness, LLC. I recognize that exercise is not without varying degrees of risk of injury, including, but not limited to, injury to the musculoskeletal and/or cardiorespiratory systems. I hereby certify that I know of no medical problems (except those about which I have informed the Program) that would increase my risk of illness and/or injury as a result of my participation in a physical fitness program with the Program.

I understand and have been informed that there exists the possibility of adverse effects and changes to my health and well being during the exercise program. I have been informed that these adverse effects and changes could include, among other things, abnormal blood pressure, fainting, disorders of heart rhythm, stroke, and, in some instances, heart attack and/or death.

I hereby release, discharge, indemnify and hold harmless the program and each of its agents, officers, principals, owners, employees, successors and assigns from and against any and all injury, illness, harm, claims, demands, actions or damages of any kind or nature resulting from or in any way relating to my participation in the program, including the fitness evaluation. I acknowledge and agree that I understand and assume any and all risks and dangers relating to my participation in the program.

TERMS AND CONDITIONS

I agree to pay a monthly Gladiator Training Fee, payable upon my return of this form. Monthly dues are payable by the first (1st) day of each month by check, cash, or credit/check card transaction. Dues are subject to change with a minimum of thirty (30) days notice.

I agree to extend my enrollment on a month--to--month basis following my initial term of enrollment. I will remain under a month--to--month agreement with Gladiator Fitness until I renew my enrollment for an additional three (3), six (6) or twelve (12) months or I terminate my membership with thirty (30) days written notice by certified mail or personal delivery to Gladiator Fitness.

ENROLLMENT AGREEMENT TERMS

1. Provisions: The types of enrollments available, the applicable fees, the suspension and expulsion of clients, and all other matters affecting or relating to the clients shall be under sole control of management. Enrollment in the Program shall not be denied on the basis of sex, race, color, creed, religion, or national origin, nor shall any aspect of such matters ever be made a condition of enrollment. Enrollment entitles me to full rights and privileges at all Gladiator Fitness locations.

2. Policies and Procedures: I agree to abide by all Program policies and procedures, which may be amended from time to time. Failure to follow these policies and procedures may result in suspension or termination from the Program.

3. Suspension/Termination of Enrollment by Management: The Program has the right to suspend and/or terminate any Agreement for non--payment of dues or for behavior deemed by Management to be harmful to the enjoyment of the Program by other clients.

4. Client Obligations: Except upon properly exercised termination for cause, I shall not be relieved of my obligation to make any payments agreed to, and no deduction or allowance from any said payments shall be made, by reason of my failure to attend the Program.

5. Inactive Client Status: Enrollments run continuously and no temporary suspension or transfer is allowed because of travel schedules or personal needs, except in the event of illness or as otherwise specified in the Policies and Procedures. If the Program's services are interrupted for one (1) month or more, I am entitled to an extension of this Agreement, except if such interruption is not the fault of the Program (i.e., Natural Disasters, Acts of War, etc.) in which case the choice of remedy is at the discretion of the Program.

6. Suspension/Termination of Enrollment by Client: If I become physically unable to use the Program services for thirty (30) or more consecutive days during the enrollment term and that disability is confirmed in writing by a physician, I have the right to an extension of this Agreement for the period of such disability (i.e., I will continue to pay the monthly fees during my period of disability. I will then receive a comparable length of service, free of charge, added to the end of my initial enrollment term). If I become physically unable to use the Program services indefinitely, this agreement is cancellable with a physician's written confirmation and thirty (30) days notice. If I relocate and move twenty-- - five (25) miles or more from the nearest class site, this Agreement is cancellable with proof of relocation and thirty (30) days written notice. Any enrollment adjustment will be effective thirty (30) days after notice is received by our office.

7. Notice of Consumer Rights: The Program is not required to be bonded as no more than three (3) months of dues are collected in advance and no initiation fee is required. I have the right to cancel this Agreement for a full refund without penalty, fines or fees, before midnight of the third (3rd) business day following the submittal date of Agreement. For cancellation, I must notify Gladiator Fitness in writing by certified mail with return receipt requested or personal delivery to the address listed above.

8. Dishonored Check, Bank Draft or Credit Card Transaction: If any check, credit card transaction or draft payable to the Program is not honored by any banking institution, in addition to the other rights, Management reserves the right to:

- Assess a service charge for each check, draft or credit card transaction dishonored
- Collect all current and past due balances
- Terminate this Agreement

9. Unpaid Balances: All balances which are thirty (30) days past due are subject to a 1.5% monthly service charge (annual rate is 18%). In addition to other rights, Management reserves the right to:

- Collect the current and past due balances
- Suspend and/or terminate enrollment privileges
- Recover from client any collection fees, attorney fees and court costs allowed by law

10. Change of Address and Correspondence: I must notify the Program of any address, phone, or name changes. Failing such notice, all correspondence shall be presumed received within five (5) days after mailing.

POLICIES AND PROCEDURES

Minimum Gladiator Training Camp Enrollment: Any Gladiator Camp class requires a minimum enrollment of five (5) clients. In the event a Gladiator Training Camp is cancelled or postponed due to lack of enrollment, I have the right to:

- Participate in one of the other available time slots.
- Terminate the current Agreement, with written notice, within three (3) business days after notification by the Program of Boot Camp cancellation/postponement.

Change In Class Location: I recognize that the Program provides outdoor fitness services; thereby it does not secure permanent class locations. I further understand that the Program may require class relocation from time to time without affecting the effectiveness of the Agreement. The Program makes every effort to maintain the current class sites available.

Class Will Be Canceled When:

- Public Schools are delayed or cancelled in the county in which client attends class. There are no enrollment suspensions, terminations or reductions in monthly fees due to inclement weather.
- Class will not be held on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day or Christmas Day.
- Class will be cancelled in the event of forces beyond the control of the Program (i.e., Natural Disasters, Acts of War, etc.)

Referrals: Any client who refers someone to the Program that signs the six (6) or twelve (12) month commitment will receive a Free Month of Membership! The new client must specify the referring client's name at the time of registration and remain an active member for at least 90 days.

Contract Renewal: Upon completion of the Agreement term, I have the option to sign a contractual addendum, thereby securing continued enrollment at the standard membership rate. I will be contacted by Management towards the end of my initial enrollment and given the opportunity to extend my contract for another term.

Entire Agreement: This Agreement constitutes the entire and exclusive agreement between the parties. Any promises, representation, understanding, oral or written, pertaining directly or indirectly to the Agreement, which is not contained herein, is hereby waived.

Returning this form (completed) to Gladiator Fitness, via written or electronic media shall constitute conclusive proof that I have been informed of and understand the Program's policies, procedures and practices and hereby agree to the terms and conditions of this Enrollment Agreement and Enrollment Terms.

I acknowledge it is my responsibility to retain a completed copy of this agreement for my records

CLIENT SIGNATURE

DATE

Our Gladiator Boot Camp Package Includes:

- Unlimited workouts per month at any of our boot camp locations
- Initial body composition testing/body-fat analysis
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- Access to Gladiator Fitness members only site
- Gladiator Fitness "Get Cut" Nutrition Plan and meal planning guide
- Gunny's complete database of workouts to use at home or to take on the road
- Free attendance to our Gladiator Fitness nutritional seminars
- Gladiator T-Shirt

Please choose one of the below enlistment options:

SPARTAN	month-to-Month	\$150 per month
GLADIATOR	3 Month Enlistment	\$325 for 3 month

PERSONAL INFORMATION

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

Fax Number: () _____ Cell Phone: () _____

Email #1: _____ Email #2: _____

Occupation: _____ Employer: _____

DOB: ____ / ____ / ____ Age: ____

Height: _____ Weight: _____

Physician: _____ Physician Tel: () _____

Person to Notify In Case Of Emergency: _____

Relationship: _____ Phone Number: () _____

How Did You Hear About Gladiator Fitness? Please check one.

Member (Please provide member's name) _____

Event (Please provide location of event) _____

Other (Please specify) _____



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RECRUIT HEALTH PLEDGE

I, _____, understand that I came to Gladiator Fitness to improve my overall health and fitness. I plan to fulfill my commitment to get in shape and eat healthier for the rest of my life.

I came to Gladiator Fitness because I would like to reach the following "Health and Fitness" goals (be as specific as possible):

- 1.
- 2.
- 3.
- 4.
- 5.

TRAINING POLICY

Gladiator Boot Camp is a year-round boot camp and we meet "rain or shine" on every scheduled training day! **Commitment and Accountability** are two of the key factors that help you achieve your goals.

1. Arrive 10 minutes prior to the start of class to warm-up.
2. Bring a large towel/workout mat and plenty of water to each class.
3. Workout gloves are highly encouraged.
4. Notify your instructor IN ADVANCE if you will be unable to attend class.
Remember this program is about ACCOUNTABILITY.
5. Notify your instructor if you have any medical concerns.
6. Attend class every day for maximum results.
7. Buy new running shoes every 3 months!
8. You will need to have one set of dumbbells and ONE kettle bell for class. Please purchase hexagon-shaped dumbbells.

Dumbbell weight recommendation:

5 lbs.-12 lbs. for women

12lbs.-25 lbs. for men

Kettle bell weight recommendation: Start with a kettle bell that equals or is slightly heavier than one of your dumbbells.

For example, if you are using 15lbs. dumbbells, I suggest purchasing a 15 or 20lbs. kettle bell.

9. 100% effort is expected at every workout!
10. Exercise should be rewarding, so work hard, have FUN, and achieve RESULTS!



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GUNNY'S 10 COMMANDMENTS OF FAT LOSS

**PRINT THIS PAGE AND POST IT ON YOUR REFRIGERATOR
AND ANYWHERE ELSE YOU WILL SEE IT THROUGHOUT THE DAY *NOW!***

- 1. CUT CARBS** - I know you've heard it before, and you'll keep hearing it because it just plain works. Decreasing your intake of processed sugars (the kind you find in junk food, white bread, and most pasta) keeps your body's insulin levels low. Lower insulin means less fat storage.
- 2. EAT MORE FRUIT AND VEGGIES** - The only kind of carbs you should embrace. They're chock-full of fiber and fill you up without adding many calories to your diet.
- 3. EAT MORE PROTEIN** - it builds muscle and increases your metabolism. Eat it in place of the sugary carbs you cut.
- 4. TRAIN THE WHOLE BODY AT ONCE** - By working all your muscles in one or two sessions, you will burn massive amounts of calories in a short time. We practice this with every workout, training lower-body on Monday and Fridays, and upper-body on Tuesday and Thursday's. Wednesday is reserved for cardio, and we take a break from the weights.
- 5. DO INTERVALS** - Maximum fat burning occurs when your body is working at peak intensity. You will find yourself running lots of sprints/intervals between exercises which keep us in the "fat burning zone" at all times. Don't be concerned if you cannot keep up at first, you will build cardiovascular strength quickly. We all start at the bottom of the mountain and slowly, but steadily, make our way to the top!
- 6. EAT SMALL, FREQUENT MEALS** - It may seem like you're eating more, but regularly grazing on small portions will keep your metabolism burning at a steady rate. The easiest way to cut your daily caloric intake is to cut down on your portion sizes. Start today!
- 7. DO EXERCISES THAT WORK LOTS OF MUSCLE** - Squats, lunges, 8 - count body-builders, pull-ups, push-ups, and rows should be the basis of any program—these exercises torch calories and build muscle fast. If you are not familiar with them, you will get to know them quickly!
- 8. CHANGE THINGS UP** - Variety is the key! I will constantly change things up to keep our workouts fresh; including rep counts, workout locations, and exercises to keep the body and mind confused. Your body is the most intelligent machine ever created, and it will learn to adjust if you keep doing the same thing. Shock it and keep it guessing.
- 9. CUT THE NUMBER OF CALORIES YOU EAT EACH DAY BY 500** - At this rate, you are sure to lose at least one pound per week (*NOTE: These calories should come mostly, if not all, from non-fibrous, sugary carbs*). Refer to my 12week Gladiator Nutrition Plan for instructions on how to calculate your required daily caloric rate.
- 10. DRINK WATER** - it's obvious, it's simple, and it will always work. Not only does the clear stuff fill you up and help you move food through your system faster, drinking it cold can actually make your body burn more calories in an effort to warm it up. Aim for at least eight 8-ounce glasses a day.