

# Frequently Asked Questions

When does the program start?

The HEAT Program is ongoing throughout the year. There is no start date. It is an individual program and will start at the discretion of the athlete or client. Call 320-259-4100 to sign up for test in date.

What is the cost for the program?

12-13 year olds 6 weeks (12 sessions) = \$300

All other ages 6 weeks (18 sessions) = \$300

8 weeks (24 sessions) = \$350

10 weeks (30 sessions) = \$400

12 weeks (36 sessions) = \$450

Can I lift with my team and still do HEAT?

Yes. In addition to the above programs which include strength training, we also offer a run/plyo option. These programs cost:

12-13 year olds 6 weeks (12 sessions) = \$200

All other ages 6 weeks (18 sessions) = \$200

8 weeks (24 sessions) = \$225

10 weeks (30 sessions) = \$250

12 weeks (36 sessions) = \$275

What are HEAT's hours?

Our regular hours are from 8 am to 6 pm. Being that a session takes up to 1.5 hours, the latest appointment we would schedule is 4:30 pm.

How long are the sessions and how many sessions per week?

12-13 year olds perform 2 sessions a week and each session lasts 1-1.5 hours. All other ages are 3 x per week and 1-1.5 hours.

Can I workout 3 days in a row?

This is discouraged due to the possibility of overtraining. Two days in a row and one later in the week is acceptable.

How is the program individualized?

At the first session the athlete is taken through a number of physical tests and body composition testing is performed. With the results of the testing, knowledge of the sport, position and athlete's goals, a program is designed that will help you meet your individual needs. The first and last days of the program are test in/out days and do not count toward your paid workouts. Ex: 6 week program is 3 x per week for 6 weeks = 18 workouts. You also will test in and test out one day. Total sessions = 20.

Are the sessions one-on-one?

We work one-on-one with the athletes to teach them proper lifting techniques and get them comfortable with strength training. Thereafter it is about a 3:1 athlete to trainer ratio.

Can I participate in HEAT and be in a school sponsored sport?

No. Due to the high intensity training of the program, overtraining and injury may occur if participating in both. This is an "off season" training program only. Summer sports are not considered "in season" and is the best time to participate for school sponsored 3 sport athletes.

What age athletes participate in the HEAT Program?

Ages range from 12 and up. The 12 and 13 year old athletes will participate on a 2 time per week for 6 week program. This age group requires more one-on-one time and the program is tailored to basic fundamentals and the mastery of form and technique. Body weight is used more than excessive weights at this age level. Athletes 14 years old and above participate 3 times per week in their individualized program.

If I miss a session do I lose it?

If you do not call to cancel a session and you no show your session is lost. If you cancel your session before the time you were scheduled you will not lose your session and it will be added on in the end of the program.

Our family is going on vacation; do I lose a week or 3 workouts?

No. We know there are going to be conflicts in the summer. As long as we know ahead of time we will extend your program. The KEY to your success in the program is CONSISTENCY. Your results may not be as positive as you expected if you are not consistent with attendance.