

The Cell's Recruit Program is a specially designed 12-week REAL FITNESS course. You will be actively coached through 3 x 30-min sessions per week of high intensity training designed to introduce you to the world of CrossFit and The Cell and get you in the best shape of your life. Led by a highly experienced and knowledgeable Cell Coach you will be taught many of the foundational CrossFit movements and skills and coached through a Workout of the Day (WOD) blending weightlifting, body weight exercises, kettlebells and cardio in a super intense training experience.

### Timings

Monday & Wednesday  
7.00pm to 7.30pm  
Saturday's  
10.30am to 11.00am

### Cost

\$150/month until COB 04 July 2011, \$185/mth thereafter  
3 payments of \$150 via direct debit from a nominated bank account or credit card  
Total cost before COB 04 July 2011: \$450 (\$12.50/Session)  
Total cost after COB 04 July 2011: \$555 (\$15.42/Session)

### Duration

12-weeks (3 months)  
36 sessions

### What Do You Get for Your Investment?

- 36 coached fitness sessions held at The Cell – Real Fitness' strength & conditioning facility in Cockburn Central.
- Fitness performance testing by way of our Baseline Workout of the Day (WOD)
- A certificate of successful completion after your last session

### Goals of The Program

- 1) The development of a sound fitness base
- 2) Introduce participants to CrossFit and The Cell

### FAQ's

#### 1. How many people per class?

Fourteen (14). The Cell bases its standard member classes on 7 athletes per class. However, the design of the Recruit program enables us to double this class size and still provide world-class coaching and an excellent coach:athlete ratio. It also enables us to make the program economically efficient for you.

#### 2. How many Coaches are in each class?

One (1). The Recruit Program will be led by the most experienced of the Cell's coaches. Again, the design of the program is such that it enables 1 coach to adequately coach and supervise all participants.

#### 3. What sort of training will be involved?

Each 30-min session will include a warm-up, skill session and the Workout of the Day (WOD). The WOD can last anywhere from 5 minutes to 15 minutes and will involve body weight movements like squats, lunges, push-ups and sit ups, barbell & dumbbell work, Kettlebell lifting, running, rowing and skipping. These activities will be combined in a variety of ways and performed for varying rep and set schemes against the clock. Everything we do is measured in some way. For an example of the training we perform, check out <http://thecellfitness.com.au/gallery/gallery-videos/workout-of-the-day/>  
Or  
<http://thecellfitness.com.au/gallery/gallery-videos/coaches-training/>

**4. What if I can't make a class?**

You lose the session. This program is based on regular attendance and commitment. You are enrolling in a 12-week program, which includes the 36 scheduled sessions. There are no make-up sessions.

**5. What happens if I get injured?**

We have had very few injuries occur at The Cell, but rest assured, if you do receive an injury all Cell coaches are qualified in First Aid. Several are operational Police Officers with extensive experience dealing with serious injuries. The Cell also has written policies for dealing with injuries sustained during training. Copies of these policies are available on request.

**6. If I have an existing injury, can I still participate?**

That depends entirely on what the injury is. We have trained people with injuries ranging from broken fingers and back pain to serious shoulder injuries, ruptured knee ligaments and a broken leg. There aren't too many injuries we can't work around by scaling the workout or substituting movements. If you have an injury and are not sure if you can participate, please contact Jason on 0417 977 699 to discuss your individual needs.

**7. Do I have to sign a contract?**

Yes. You sign a membership agreement for a period of 3-months. This is both a commitment to yourself and your coach that you will attend the training sessions as well as an agreement to pay the program fee per month.

**8. What do I wear to class?**

Normal workout attire and training shoes are fine. However, a t-shirt is better than a singlet. Please bring a workout towel. You can bring a water bottle or purchase the Bottled Water or Coconut Water available at The Cell.

**9. Are classes mixed or single sex?**

Mixed.

**10. Can I do more than 1 Recruit Program?**

No. Recruit Programs can only be attended once. If you wish to continue training at The Cell after your Recruit Program has finished, you must join one of The Cell's membership programs.

**11. What if I like the Recruit Program so much I want to join The Cell's regular program before my 12-week Recruit Program has finished?**

You are able to "Upgrade" to one of The Cell's regular membership programs at any time. If you do this we will apportion a percentage of what you have paid

for your Recruit Program and put it towards your first month of The Cell membership as below.

<b>Week of Recruit Program</b>	<b>You Have Paid So Far \$</b>	<b>% Allocated to 1st Month of Regular Membership</b>	<b>Amount Towards 1st Month of Membership \$</b>
<b>1</b>	<b>150</b>	90%	135
<b>2</b>		80%	120
<b>3</b>		70%	105
<b>4</b>		60%	90
<b>5</b>	<b>300</b>	50%	150
<b>6</b>		40%	120
<b>7</b>		30%	90
<b>8</b>		20%	60
<b>9</b>	<b>450</b>	10%	45
<b>10</b>		0%	0
<b>11</b>		0%	0
<b>12</b>		0%	0