

# OVERALL FITNESS & WELLNESS



## Playbook



GOAL:	Balanced, adaptable fitness that carries into real life.
IDEAL FOR:	<ul style="list-style-type: none"><li>• Members restarting consistency</li><li>• Anyone who doesn't have a specific performance goal or just wants to "feel fit"</li><li>• Those unsure what their primary goal should be</li></ul>

## PHYSIOLOGICAL FOCUS (THE WHY)

This journey targets general physical preparedness (GPP).

### KEY ADAPTIONS:

- Muscular strength
- Cardiovascular efficiency
- Movement coordination

### THIS JOURNEY IMPROVES:

- Energy levels
- Body composition
- Injury resilience
- Mental clarity

## EXPECTED OUTCOMES (4-8 WKS)

- Improved stamina and work capacity
- Strength gains without burnout
- Better movement confidence
- Visible changes in body composition
- Feeling capable across class formats

## WEEKLY STRUCTURE (6 SESSIONS/WK)

STRENGTH	2 x per week (class or 1:1 with a personal trainer) Foundational lifts, progressive loading
TRAIN   cardio, CYCLE, BAGS, or ROAD	1 x per week Aerobic base, heart health
TRAIN   hybrid	1 x per week Mixed energy systems, real-world fitness
YOGA   recover	1 x per week Nervous system reset, mobility and flexibility work
YOGA   sculpt or Pilates	1 x per week Strength + mobility integration
Optional Personal Training Session	2 x per week Strength + mobility integration

## FUEL & NUTRITION GUIDELINES

Consistency thrives on consistency in fuel.

- Protein: ~0.6–0.8g per lb lean mass
- Carbs around workouts = better output
- No extremes. sustainability wins, something you can maintain and works for your schedule

NEXT STEPS:	Book your classes in the App & schedule your Personal Training Orientation. <a href="#">Fill out the form here</a> , and a member of the EBF Personal Training team will contact you shortly!
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