

Services

STRENGTH TRAINING

Individual Personal Training

Our approach to strength training is based on the whole individual. We believe in establishing a baseline and learning the structural balance alignment of every client to achieve maximum success. All of our personal training programs are uniquely designed based on strengths and weaknesses of the individual and are customized to fit your current level of fitness.

Our staff will provide you with expert instruction, program design, and education. L.I.F.T. offers an array of expert personal training that will provide each individual client with the inspiration, skill, and discipline to help you optimize your workouts and achieve your fitness goals.

- An initial assessment will be given before individual personal training sessions begin.
- After conducting a thorough fitness evaluation and health assessment, L.I.F.T. will design a personalized strength training/fitness program tailored to the client's needs.
- All sessions are one-on-one with a member from our staff.
- Every session will be 50-60 minutes in length.
- Please contact L.I.F.T. for Individual Personal Training prices.

30 minute Individual Sessions

30 minute individual strength training sessions are an ideal way to introduce strength training to your body in a gradual way. Our staff will motivate and educate you to achieve optimal results and benefits in each 30 minute individual session.

L.I.F.T. will provide you with an initial consultation with your trainer regarding your specific fitness goals. Based on the initial consult, L.I.F.T. will design a unique individualized strength training program which will be safe and effective. L.I.F.T. recommends 30-minute individual sessions three times a week for clients wanting to maintain or improve their current level of fitness.

- Please contact L.I.F.T. for 30 minute Individual Personal Training prices.

In-Home Personal Training

In-Home personal training is an individualized, personal approach to training where the workout takes place in the comfort of your own home. In-Home personal training is a very personalized, one-on-one service in which a L.I.F.T. staff member will drive to your home and train you with your own exercise program designed uniquely to fit your fitness level needs.

Before beginning the In-Home personal training, a L.I.F.T. trainer meets the client one-on-one for the initial fitness consult before designing an individualized strength training program. The initial consult will provide you with the opportunity to meet your In-Home personal trainer, who will perform a thorough

fitness evaluation, health assessment, and body fat analysis, and will also provide you with answers to any questions you may have before your personalized workouts begin.

- You may meet as frequently as needed, which will depend entirely on your motivational level.
- Every session will be 50-60 minutes in length.

L.I.F.T. offers In-Home personal training to the surrounding central Columbus communities:

- Westerville
- Worthington
- Powell
- Lewis Center
- New Albany
- Sunbury
- Dublin

Please contact L.I.F.T. on prices for In-Home Personal Training.

High School and College Student Training

High School and College Student Training is specifically intended for the student-athlete. L.I.F.T. believes in offering all high school and college students specialized programs in order for the athlete to enhance their individual strength training needs, reducing the potential for injury, and achieving optimum performance in sport specific training.

Students who train at L.I.F.T. will be exposed to the most individualized, comprehensive strength training programs based on the goals of the individual student-athlete and his/ her sport. Our staff will assist each student-athlete in optimizing their athletic performance before, during, and after their athletic season. L.I.F.T.'s student program is designed not only to develop an athlete's physical potential, but to provide a fitness education that can empower an athlete for a lifetime.

The student training package applies to all high school and college students. You do not have to be an active participant in a sport affiliated with your school to be considered eligible for this personal training.

- All sessions will be 50-60 minutes in length.
- Please contact L.I.F.T. for High School and College Student Training prices.

Group Training

Group Training is a service that we provide for clients who want to train in groups of two, three, or four individuals with similar fitness and strength training goals. L.I.F.T.'s goal for Group Training sessions is to educate our clients on how to exercise safely and effectively for life, still based on our philosophy of having individualized strength training programs for the individual in the group. We believe clients who train with a partner or in small groups will be more committed to their personal training appointments knowing another client(s) is training with them. This makes individuals more accountable and dedicated to each other.

- All sessions will be 50-60 minutes in length.
- Please contact L.I.F.T. for Group Training prices.

50+ Training

50+ Training is individualized personal training for males and females 50 years of age or older. The 50+ Training program is ideal for adults who have past injuries, and/or chronic diseases which can make strength training and physical activity challenging. L.I.F.T. wants to encourage clients to improve physical fitness safely, with an individual personal trainer.

- All sessions are One-on-One with a highly qualified staff member at L.I.F.T.
- A fitness evaluation, health assessment, and a structural balance test will be administered before beginning a personalized strength training program.
- All strength training programs are uniquely designed to meet the needs of the individual's goals based on their initial structural balance assessment.
- L.I.F.T. recommends 50-60 minute sessions three times a week.
- Please contact L.I.F.T. for 50+ Training prices.

-

Motor Development & Youth Training

Exercise and motor development skills are important for all children and youth. L.I.F.T. is dedicated to the challenge of helping young people raise their fitness levels and improve their overall health. We believe it is important for children to develop good motor development skills and fitness habits in order to eliminate the potential for injury.

Young athletes who want to participate in Youth Training will be well-supervised by a L.I.F.T. staff member. Every training session follows a carefully structured lesson plan that is implemented into a motor development/strength training program designed to provide balanced development, while maximizing results. We understand that all young athletes progress at their own rate, gaining strength and knowledge that not only helps them achieve their full potential in the sport of their preference, but will give the young athlete an opportunity to better their lifestyles.

- Youth athletes can be personally trained One-on-One or in a group of 6 kids max.

- All youth athletes will be hand selected and placed in groups pertaining to their current level of motor development.
- Youth training includes resistance training (also called weight or strength training), cardiovascular training, and flexibility.
- Motor Development Training involves the development of strength, posture control, coordination, balance, and perceptual skills.
- All sessions will be 50-60 minute in length.
- Please contact L.I.F.T. for Motor Development & Youth Training prices.

Specialty Classes

Introduction to Weight Training, Level 1:

- This class will meet 1 time a week for 4 weeks.
- Introduction to Weight Training will cover the proper techniques and proper exercise instruction of the bench press, squat, deadlift, and pull-up.
- Introduction to Weight Training is open to all age levels.
- Please contact L.I.F.T. for prices and schedule.

Bodybuilding Posing Sessions

- 30 minutes of Bodybuilding posing which will include quarter turns, mandatory posing, and a review of night routines.

Program Design

L.I.F.T. will design an individualized program and workout schedule that meets your needs, and will provide valuable support to help keep you motivated.

A fitness assessment will help you set realistic goals and provide a measure by which you can realize the progress you make through your individualized fitness program. We offer program designs for a 4 week, 6 week, and 8 week time period.

Neuromuscular Therapy

Neuromuscular Therapy is an advanced therapeutic technique that can be referred to as trigger point therapy which addresses problems in muscles, connective tissues, and joints. This procedure is a slow traction/stretch process that releases tension in the fascia. This process helps to release scars and adhesions, and it will aid in restoring balance. One of the main benefits of NMT is the increased flexibility in the joints of the extremities (upper and lower).

Neuromuscular Therapy can treat sinus problems, TMJ discomfort and facial pain, headaches, ear ringing, pain or dysfunction of the digestive system, low back pain, decreased breathing capacity, menstrual problems, anxiety attacks, relieves thoracic outlet syndrome, nerve entrapment, frozen shoulder, rotator cuff problems, carpal tunnel syndrome, weak or painful grip, hand or arm pain, tendonitis, hip and knee pain, leg cramps, shin splints, Achilles tendonitis, pulled muscles, groin injuries, scoliosis, pseudo-sciatica, sacroiliac complaints, weak ankles, foot cramps, hammer toe, claw toe, and tarsal tunnel syndrome.

- Neuromuscular Therapy will be offered on the 3rd Sunday of each month.
- Neuromuscular Therapy can be painful, and the side effects will normally disappear within 24 to 72 hours.
- Please contact LIFT to schedule your hour appointment and for prices.