



# GRCI POWER FIT



## Program Options

**Athletes Training:** This is a training program for Athletes who are looking at getting ready for their sport. This is general speed, agility, strength and fitness to get you ready to have a great season.

**Body Composition:** This program is for students who are interested in becoming leaner developing overall strength, fitness, definition and balance in the body.

**Built Like A Badass:** This program is a gift from Joe DeFranco. He gave me permission to share it with the GRCI students. The “Badass” Program is the total package; you will get stronger, build muscle, burn fat and become “functional” again! The main pieces of the puzzle that make up this Program. Max-Effort Method, Bodybuilding Methods, Finishers.

**Muscle Mass:** This template follows a set a rep scheme that body builders may use with a more diverse set of more compound movements. There are very few Isolation exercises.

Make sure that you are choosing weights that challenge you to complete the set and rep schemes.

**West Side for Skinny Bastards III:** This is another template from Joe DeFranco with some modifications for our facility. This template combines the Power Lifting Ideas of the famous West Side Barbell along with the needs of athletes for their sports to improve power, speed and explosiveness. It is a great template for athletes who are also interested in gaining muscle mass as well as athletic performance.

**Flight School:** This is the latest program added to the the Power Fit Line up. The template focuses on lower body power and strength training with some upper body lifting as well. This is a great template for athletes who want to jump as high as they do at the end of a game as they do at the start of a game, regardless of the sport.

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These are the template options as of Sept. 2017. As the course continues to evolve there will be more templates added and the ones that are offered will be modified and updated based on the latest research. It takes many many hours to produce a good quality template. These were not thrown together to keep you busy. Every exercise is in the program for a reason and a purpose.

**Train Optimally!!**

**Train Safely!!**

**Train with a Partner!!**

**Record your efforts!! You will be amazed at your progress if you work hard.**

**Stay STRONG!!**

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