

# ***Coached By Gainz*** ***Housekeeping Items***

1. Check ins are on Friday's
  - a. I do my updates on Fridays and Saturdays. If by Sunday comes around and you did not receive an update message me
  - b. Check ins - make sure the pictures are consistent and good quality
  - c. Make sure log sheets are filled out nightly and completed by check in day
  - d. Please add anything I need to know for your update BEFORE I send updates i.e if you are going out of town/vacation don't tell me AFTER I send update
2. All communication is via Whatsapp
3. Training Clips - watch the clips before sending them to me. If the angle sucks redo it or do a test clip
  - a. Do not send all training clips on one day - send them as you go as to not bog down my communication
4. Obtuse Questions receive obtuse answers - please be specific
5. Do not do anything more nor anything less than what's on your plan
6. Everything on your plan is with intent and has a reason/purpose

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7. Communication boundaries - primarily I do my client work in the evenings. I really aim not to work on Sunday's
8. Coaching is a subscription based billing, it will auto draft based on the coaching intervals you signed up for. Cancel it if you don't want to be charged.
9. Messages - Please keep all messages to itemized sentences i.e no paragraphs or novels.
10. Sending Video Clips/Files - For the love of god please send all your video clips, check in pics, food pics etc. at ONE Time or my computer explodes with notifications and noises. **LINK BELOW**

**How to attach all files at once video tutorial**

**How to attach all files (iPhone)** the favor in Flavor Gang or Gainz Bakery (local) products.

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10. Hoarding Video Clips - When taking video clips of training, please send them after your workout. Do not hoard them until the end of the week and send 20 files at once. Only send 1 training day at a time.

11. Training Clips & Cues - Everytime I make a correction or add a cue for a lifting exercise please apply it to the next training session, no one wins if I have to repeat the same cue i.e "Slow down...slow down ...slow down" every week.

12. Training Clips - Please set up the camera in a manner that allows me to see the entire motion not a close up of your crotch or butt or just your head. Tip, take a practice record to make sure it's an acceptable view. Remember we're doing this for your success.

13. Top Sets - You are to send your "top sets" OR "impress sets". What's a top set? Top set = the hardest, most intense, heaviest set. I need to be able to gauge your effort and form when the form is most susceptible to break down. "Impress sets" are sets that impress yourself and your coach. The terms are interchangeable.

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14. Check-in's - Please send check-in's as soon as you take the pictures in the morning. The sooner I receive your pictures the sooner I can return your updates. I also AIM not to work Sunday's so please don't send check-in's Sunday unless told to.

15. Sick/Vacation- Please guys do not send check-ins right before you go on vacation (what's the point?). If you are sick - a simple message of "hey I am sick Ross" will suffice and I will tell you to check in when you are 100% healthy, unless you need help with recovery.

16. Referrals - I appreciate any and all referrals, if you have a referral that signs up I return the favor in Flavor Gang or Gainz Bakery (local) products.