



The Tier 1 Online Experience.

Hi and a big, warm welcome to Tier 1's Online Therapy and Training Platform!

Firstly, let us just say thanks and show our appreciation to you for placing your faith in allowing us to “virtually” help you. Here at Tier 1 it doesn't matter if you are in pain, want to move, look or feel better, we've got you covered and will do absolutely anything within our power to help you achieve the results you need.

Honesty really is our policy here at Tier 1, so please let us be clear to you right now regarding all online training and therapy platforms. Online platforms DO NOT and CANNOT contend with (or pretend to replace) physical examinations, physical treatments or face to face based coaching under direct supervision. Whilst we can conduct “virtual assessments” with you, these can only serve as “a guide at best”. We therefore have to interpret them and utilize the most conservative methods with you. What we cannot do is offer you any formal diagnosis through our online platforms. If you feel this is what you need, we advise you in the strongest possible terms to seek out a physical examination through a relevant medical professional.

In the interest of clarity, please now read the following:

Medical & Liability Disclaimer.

Any information you may receive through online services provided by Tier 1 Training and Rehabilitation Systems is not meant to replace or change any advice that you have been given from a physical examination conducted (or any consultation) by your health provider (Physician, Doctor, Coach, Trainer, Physiotherapist, Sports Therapist etc) Before carrying out any of the virtual assessments or exercises that form part of our service you must consult with your health provider first.

Stuart Turner, Jonathan Facci, Oliver Attoe & Tier 1 Training & Rehabilitation Systems are not liable for any decisions you make in regard to physical activity.

By continuing to read on or continuing with the Tier 1 Process along with any sessions, you agree to accept that a virtual assessment does not equate to a physical assessment and both agree and understand all of the above terms.



The Tier 1 Philosophy

At Tier 1 we find ourselves now designing programmes and implementing strategies for our clients that take into consideration their **entire** lives which includes their lifestyles, habits (sleeping, nutrition, exercise) and stress.

We do not aim to see them for an hour and say “see you next week”. In fact, we find ourselves looking at the other 23 hours in their day to see how we can get the best out of their health, fitness and recovery because the truth is, we know we can control their hour with us, that’s the easy part! The **hard part** is educating our clients to better understand, make better decisions, build healthier habits and enable them to create a better environment in which they can live, move, be happy and healthy. By doing so, we can build effective resilience within our patients to enable them to fight off the disease riddled world that is modern society! As Jon here at Tier 1 always likes to say “Anyone can work you out, not everyone can make you better!”

So where do we start with you today!?

Well, with our renowned virtual assessment process and our first video session of course! This is where we get to work on building your trust in us and forming an effective working relationship with you that is centered totally around you and your results!

This is where our attention to detail pays dividends. It forms the foundation and initial phases of both our online Therapy and Training platforms in which we get our clients moving forwards. This is where we start to gain valuable insight and paint an accurate picture of our clients. THIS is what allows us to identify the key areas to target in order to get you pain free, fixed, healthier, stronger, more efficient, or whatever your goal is!

The Tier 1 Online Package

We totally get that becoming a Tier 1 Online Client might be a little daunting for you. Truth be told it was a little daunting for us setting it all up! As we have offered this service more and more however, we have evolved and sculpted the process to be more user friendly, provide a far superior service and centre the whole process around you!

In our opinion, simply performing a video call is not enough. Put simply, the more information we have from you the better and if we can embark on our first video call together with this information already available, we can get going from the off and really get to the heart of your problem!



That is why we have put together The Tier 1 Online Package! This package will be sent to you before our first session so that you can understand what we do and why and we can gain a clearer understanding about you.

So what's in the Tier 1 Online Package?

Our New Client Forms – This forms the legal part where we obtain details relating to any medical conditions, medications and so forth. You will be required to fill out or quick & easy online form for this.

The Tier 1 Online Experience Document – You are reading this now! This document provides you with a detailed breakdown regarding “what to expect” and includes our entire service breakdown, well worth a read!

The Tier 1 Virtual Assessment – Even if you can't physically get to Tier 1, we have you covered! You will be sent a quick and easy “Self-Assessment Protocol” to perform before your first video session with us. This allows us to gain a clearer understanding about how you move and allows us to have hit the ground running on your first call with us!

You can complete your Tier 1 Virtual Assessment by simply accessing this document right away but we really do recommend you take the time to read “The Tier 1 Online Experience Document” first. This allows you to understand why you are being asked to undertake what we are asking you!

Understanding You Programme Document – This quick and easy guide explains how to use our fully interactive programmes that will be sent straight to your smart device or computer!

Informative Blogs – Here you can learn about how your body REALLY works. Our blogs cover topics such as pain, stress and breathing. The aim of these blogs is to clear the clutter and allow you to better understand what really goes inside the human body.

The Tier 1 Virtual Assessment

Here at Tier 1 we are firm followers of the philosophy “**Assess, Don't Assume**”. We further believe that assessments have to be approached and performed in the right manner, with the right intentions in order for them to allow for successful outcomes.

So why assess?

Assessments are a fantastic tool for identifying existing or potential problems. Once identified or “flagged”, these problems can then be quantified, addressed or corrected which allows you to physical see improvement, feel, move or perform better without worry of pain or injury.



There are many types of assessment protocols and processes for the human body. As trainers and therapists, some of the primary areas we are interested in are how the respiratory, musculoskeletal and neuromuscular systems function to prevent injury and boost performance. Therefore, we carry out and conduct specific assessments on these systems to gauge where our clients “are at” so that we can safely and accurately intervene. The more basic assessments, also known as screening, look to “sift out the rocks” or flag up the main key culprits whereas the more detailed examinations and assessments look to “assess for everything” to “rule in or rule out” which includes even minor issues.

There are upsides and downsides to both of these approaches. For example, the quick screens only take minutes to perform but can miss key issues here and there whereas the full examinations can identify many issues but can take a very long time to carry out. The fundamental principle behind either approach are that they can give us quantifiable information to track your progression and further guide us into designing and implementing treatment and training programmes that get you optimal results in the safest possible manner.

Since you are coming through our online platform, it should hopefully come as no surprise to you that our virtual assessment process adheres to the principles of screening you. Our aim is to look to sift out the rocks and flag up the main key areas to address to get you moving forwards.

For Our Tier 1 Online Clients:

Even though we cannot perform a Physical Examination and Assessment with you, we can still delve a little bit down the rabbit hole by means of a virtual session with you. Our aim, as always is to look to get to the root cause of your problem. We don’t just look at bones, ligaments and muscles, we look at you as an entire “system” in which your brain and central nervous system are powerful information processors that regulate, monitor and ultimately decide how you breathe, move, act and experience powerful “problems” such as pain, stiffness, tightness and even illness. This is often a huge concept for our patients to come to terms with, that our brains are the “King/Queen” of a huge network that rules us entirely. For us to be truly successful in fixing people, we must understand and be able to work with the brain and not just the body.

Our Virtual Assessment process seeks to determine all of the above, to the best of our ability whilst you are still in the comfort of your own home.

The Therapy Virtual Assessment Process:

We break our Therapy Assessment Protocols down into the following sections

- 1) Position, Available Joint Mobility and Movement Capacity
- 2) Breathing
- 3) Specific Testing



That's great! You are no doubt saying right now! But what are these!?

Position, Available Joint Mobility and Movement Capacity

To gain an improved understanding of the power of position please read our blogs that were sent to you as part of the Tier 1 Online Pack!

If you do read this, you'll understand why Position is at the forefront of our assessment process!

Stage 1 Tests

From here we look to get you to undertake a few “self-assessment” tests that seek to determine the position of your body and to establish whether or not you have any limitations or restrictions in your mobility that could potentially be contributing towards efficient movement, pain and function. These are our “Stage 1 Tests” because they are simple, safe and effective. Put simply, these tests are assessing your position and your “potential for movement”. The tests are designed so that you can both perform and obtain results on your own. It's not necessary but if you prefer, you can use a smartphone to record yourself or simply grab your partner, spouse, family member or friend to observe or record you as you conduct them.

The tests we ask you to perform here are as follows:

- The Straight Leg Raise
- The Supine Shoulder Flexion Test
- The Supine Shoulder Internal Rotation Test
- The Supine Shoulder External Rotation Test
- The Seated Hip Internal Rotation Test

The Straight Leg Raise Test.

The Straight Leg Raise Test is an effective screen of pelvis position and hip mobility. It provides a “side by side” comparison between left and right sides. In life, our hips are often required to operate independently of one another. The straight leg raise test not only provides us with important information about position, it also determines how effectively you can “separate” your hips.

It is an extremely simple test that provides us with a lot of useful information.



The Supine Shoulder Flexion, Internal and External Rotation Tests

They are “shoulder clearance tests” that look to determine if you can perform simple day to day activities (that require the use of your shoulders) with or without having to compensate. They also serve as useful guides to the position that your body adopts.

In modern society we are now seeing more and more cases of people having to compensate via their lower backs and other areas in the body in order to be able to perform carrying, lifting or overhead tasks. Having to compensate places more stress on the body and opens the door for pain or injury to occur.

They are extremely simple tests that provide us with a lot of useful information.

The Seated Hip Internal Rotation Test.

The Seated Hip Internal Rotation Test is an effective screen of pelvis position and hip mobility. It provides a “side by side” comparison between left and right sides.

In order to be able to squat, sit, bend down, slow down or change direction effectively, your hips and pelvis need to be able to rotate inwards. If you cannot achieve this, you will have to compensate at the joints above (lower back) and below (knees and feet). This places increased and unwanted stress upon them which can lead to pain or problems arising.

Stage 2 Tests

Our Stage 2 Tests build off of the back of the Stage 1 Tests. They look to test your available movement as a whole and against gravity. Our aim is to put you through a number of functional tests that look at how well you can shift your centre of mass backwards, how well you can flex (bend), as well as rotate (twist) through the neck, spine and hips. These extremely functional tests can often be enough to write an individualised programme by themselves but we like to be more thorough than that by combining them with others!

Remember: Assess, Don't Assume.

The Stage 2 Tasks can in theory be defined as functional tasks. We realise that the term “functional” is relative however. What is functional to a bodybuilder is not functional to a triathlete or ultra-marathon runner and vice versa. However, the human body needs to be able to flex and rotate and move air to enjoy a pain free and well moving life. Our athletes need to be able to flex and bend to be able to brake and



change direction. Grandma Betty needs to be able to flex and rotate well to clean her house without crippling low back pain. Bodybuilder Ben needs to be able to flex and rotate to bend down to pick up weights off the floor without hurting himself.

So it is here that we look at the movement capability of our clients. These are tasks that involve seeing how well the spine, pelvis, hips, shoulders and ankles interact together to create/allow movement. It is this stage of the tests that we look at how well you can bend, squat, shift and turn. Again, these tests are designed so that you can perform and record your results by yourself but you can always get someone to help you if needs be.

Our Stage 2 Tests consist of:

- The Standing Rotation Test
- The Standing Toe Reach with Inhale
- Toe Reach to Global Flexion Squat
- The Seated Hip Shift Test
- The Ankle Dorsiflexion Test

The Standing Rotation Test.

Rotation in the entire body is vital. We need it to change direction, absorb forces, for additional stability and to see the world around us! The Standing Rotation Test is a screen of how well you can rotate to the left and to the right via your Neck, Torso and Hips.

To demonstrate competence in global rotation, you need to be able to rotate 45-90 degrees at the Neck, 90 degrees at the “mid-spine” whilst being able to rotate 45 degrees through the Hips. You need to observe all three areas when rotating to the left versus the right.

In terms of results, its simple really. Any area being screened that does not hit the mark (eg hips rotating to 45 degrees) suggests that there is either a positional, compensatory or tightness issue. Rotation is a key area that needs to be addressed if deficits are identified. The good news is that all of these are reversible and can be addressed through targeted exercise.

The Standing Toe Reach with Inhale

Not being able to touch your toes cannot be taken for just a sign that you have “tight hamstrings”. In order to demonstrate competence in this test, your upper back needs to be able to expand to allow air to move into it. You also need to be able to effectively shift your centre of mass backwards through the hips and be able to flex through your lower back. Not being able to touch your toes therefore signifies an inability to



either expand your upper back, shift your centre of mass backward or flex enough through your lower back.

The Standing Toe Reach Test seeks to determine if you can successfully move air backwards in your body, shift into your hip and effectively touch your toes.

When looking at the results, the questions that need to be answered are as follows:

- 1) Could you reach your Left Big Toe?
- 2) Could you reach your Right Big Toe?
- 3) Did either the Left or Right Toe Touch Feel Tighter or did your fingers pull up away from the toes/floor during the inhale?

If you could not reach your toes, experienced an increased sensation of tightness or your fingers pulled up during the inhale on one or more parts of the test, it is classed as a positive test and intervention is required to help you improve.

Toe Reach to Global Flexion Squat.

The above two tests highlight the ability to shift back into the hips, move air into the upper back and the ability to rotate. The Toe Reach to Global Flexion Squat looks at the ability to shift through the hips and expand the upper back but it then further assesses the ability of the entire body to flex (bend). This is an absolutely vital assessment to undertake. If you read our blogs (sent separately as part of this package, you will learn how vital this test is regarding position, stress and breathing.

Some of the biggest issues we now see in society are people having lost the ability to flex. Athletes that cannot flex, cannot decelerate. These are the athletes that break down unless they have superhuman genetics. Individuals who cannot flex are more susceptible to pain or injury. Individuals who accumulate stress and have compensatory breathing patterns get locked into extension and poor position, this prevents them from being able to flex. The Toe Reach to Global Flexion Squat is an awesome tool for highlighting such issues.

To assess your results on this test you simply need to determine whether or not your hips were able to get lower than the height of your knees. Not being able to pass parallel indicates an inability to flex properly throughout the body. This could be a limitation in the upper back, lower back, hips, knees or ankles with regards to flexion. Again the good news however is that flexion can be restored through targeted exercises, correcting position and restoring good breathing mechanics.



The Seated Hip Shift Test.

To be an efficient mover, you need to be able to shift from side to side and distribute even loads. This is especially true for runners, sprinters, combat athletes, team athletes and the like but is in fact vital for all human beings.

Unfortunately, there are a great deal of us who do not possess the ability to shift from side to side. For many reasons that we won't go into here, the vast majority of us cannot shift effectively over to our left side.

The Seated Hip Shift Test looks to assess your ability to shift from side to side into each hip. What we are looking for here is the ability for each hip to accommodate you, how far you can shift into the each hip and can you do all of this without other areas like your lower back having to compensate.

What we are seeking to determine here is a comparison of both hips. IE Do you have a difference in the amount of hip shift between sides or was one side harder to perform than the other? A difference of LESS than 3 inches OR a definite difference between left to right demonstrates an inability to effectively shift over onto one side of the body. This creates a problem that needs to be addressed through targeted exercises.

Correcting an imbalance here is key for all athletes and the general population alike. Our bodies were designed to be able to shift from side to side. By not being able to, it can cause problems on BOTH sides of the body respectively. As is very often the case, the great news is that this can be addressed.

The Ankle Dorsiflexion Test

Having enough ankle mobility is vital in terms of injury prevention and having the ability to carry out functional tasks such as squatting, descending stairs, running, jumping and changing direction. Ankle Dorsiflexion (bringing the lower leg forwards over the ankle) is a crucial element in all of this and once again, an all too common area that is lacking in athletes and the general population.

There are many reasons that may contribute to a lack of mobility, some include previous ankle injuries/sprains, others involve sports that require repeated kicking (football, combat sports etc) and once again, poor position in the body can hugely affect ankle mobility.

Poor position in the body can have huge ramifications at the ankle. The two main reasons for this are that (generally speaking) we typically associate poor position with an increase in length and tension of the hamstrings and calves. The second is that individuals demonstrating "typical poor position" shift their centre of mass forwards. In order to now fight the effects of being shifted forwards, the calf muscles now



have to significantly increase their tone and activity just to prevent the individual from falling forwards all the time!

Now, to achieve full dorsiflexion at the ankle, the muscles of the calves have to allow the leg to move over the ankle by (relaxing) lengthening. A muscle that is already being placed on length as well as having to work to fight the effects of gravity cannot allow this. In addition to this, the forward weight shift of an extended posture jams up the ankle joint. The result? Only limited dorsiflexion can be achieved! The Ankle Dorsiflexion Test is a useful tool in helping identifying limitations in individuals.

To carry out the test, you simply need a flat wall (one without skirting at the bottom) or door and a tape measure to measure out a 10cm distance from the wall or door. The key to this test is to keep your “whole foot” on the floor (you must feel EVERY part of your foot on the floor at ALL times, if your heel or any part of the foot rises, it does not qualify as a valid result). The second important factor is to ensure that your knee travels over the ankle and does not fall inwards or outwards during the test.

10cm in our experience provides the baseline as an acceptable level of dorsiflexion for most individuals. However, we like to quantify better than that. Therefore, if you manage to successfully achieve 10cm, we would like you to now attempt to find your limit by repeating the test at 11cm and so forth until you reach your limit. The same goes with if you CANNOT achieve 10cm, start at 9cm and work backwards until you can achieve a score. Record this score and repeat the test for the other ankle.

The questions you need to answer following the tests are:

- What was the scores on the Left vs the Right?
- Did you notice an compensatory collapsing of the knee on either side?
- Did you notice any discomfort/stretching at the back of the ankle or front of the ankle?
- If so did it only occur on one side or both sides?
- Make a note of any findings!

Once again, the good news is that in the vast majority of cases, ankle dorsiflexion can be restored to above the acceptable 10cm range of motion! The key again lies in correcting position, unlocking extension and restoring the ability to flex in the body.

The Ankle Dorsiflexion concludes the functional movement capacity part of the assessments. At this point of the entire assessment process, you will now be armed to the teeth with useful information to provide us with regards to how you move air within your body, the movement potential that you have at your joints and how well your body works together to be able to flex and rotate.



The key areas of interest for us following this phase of the assessment is how well can each joint flex and rotate as we know that poor position, stress and altered breathing mechanics very often rob joints of these movement options!

Any and all areas identified as a potential concern are recorded so that when we start to design your truly individualised programme, we can really target these areas to get you either moving better or out of pain!

Stage 3 Tests

Breathing

The chances are: if you breathe poorly, you will move poorly and vice versa! So now we look to assess how you breathe. By assessing and categorizing the breathing strategy that you adopt, we can determine if there is a correlation between your breathing and movement. If there is, we can implement incredibly effective exercises with you.

These following 2 tests are our “go to tests” when we want to look at how effectively our patients are able to move air within their torsos. They are super simple and take just seconds to complete.

The Supine Breathing Test

The Supine Breathing test is performed with you lying on your back, knees bent and feet flat on the floor/bed. Arms and hands can be relaxed but place one hand on your belly and the other on your chest.

From here, simply perform a long, relaxed inhale via your nose, followed by TOTAL exhale (every last drop of air out!) followed by a 3 second pause before taking another inhale. The test is repeated 2-3 times or until you have gained a good account of what is happening.

What we are looking for here is a general picture of air movement in terms of the belly, ribs, chest, upper shoulders and neck. IE what, when and where is moving! Define yourself into one of the following:

- **If your belly expands only =**
A belly breather (Abs long and weak, probably cannot move air backwards or upwards into the chest)
- **If the chest expands only =**
A chest breather (Diaphragm cannot work efficiently so compensatory breathing muscles are being employed)



- **If stomach, ribs and chest ALL expand =**
(Chances are breathing is going to be on the more efficient side.)
- **If you see/feel shoulder shrugging and increased neck tension =**
A definite compensatory breather
- **ON THE EXHALE =** If the ribs do not move downwards towards the floor, chances are you need to learn to EXHALE more efficiently.

So much vital information can be obtained from the Supine Breathing Test as we know that if we can restore efficient breathing mechanics, we are going to go a long way to restoring flexion and rotation within the body, improve oxygen delivery, normalise carbon dioxide in the blood, reduce levels of stress and pain and essentially improve your efficiency and resiliency.

Now we need to assess if you can move air backwards, which brings us onto the Seated Diaphragm Test

The Seated Diaphragm Test

Whereas the Supine Breathing Test looks at air movement into the abdomen, chest and front of the ribs, The Seated Diaphragm Test looks at how well you can move air BACKWARDS in your torso. It is a test of “circumferential expansion” IE – can the torso and diaphragm effectively allow/push/expand air in ALL directions (like a balloon being blown up). Being able to achieve this often determines the ability of the individual to be able to flex and bend efficiently.

The test is performed seated with your feet flat on the floor. The lowest of your ribs at the back of the torso are located and thumbs are placed JUST BELOW them. Once located, press lightly into the fleshy area. (You can do this yourself or have an extra pair of hands do it for you).

Next, simply take a long, relaxed inhale via your nose. If the patient has good diaphragm function and is able to expand air in all directions, both thumbs will experience pressure against them and feel as if they are being “pushed” out and away from your body. If no pressure is experienced, it is deemed that you cannot achieve circumferential expansion and therefore cannot move air into the back of your body.

Let's Recap!

So by now you will have finished your Tier 1 Online Virtual Assessment! From this assessment process, we will have gained a good deal of appreciation of the position of your joints, your available movement and how your breathing affects your movement and vice versa.



If we combine the findings of the Breathing Tests with your Movement Screens, we can start to build the beginnings of an incredibly effective and individualised programme that will help restore your breathing mechanics, lost movement options and you will be more resilient to pain and any future problems.

You are now ready for your Tier 1 Online Appointment!

Your First Tier 1 Online Call with Specific Testing

In this phase of the assessment we look more in depth at your problem. Once we have looked at the results from your self-assessment we will now hold the all-important online session with you where we get to fully discuss your problem/s or goals and get to work on providing you with all the tools to get you moving forwards.

We won't go into too much depth about this part as it will all become clear to you as soon as we hold our first video call but just think of this part as the more traditional appointment side of things and imagine you're in the room with us like a normal appointment and you can really show us what your issue is or what your goals are.

Always remember, we are there to help you and we will do everything we can to do so!

Getting you going!

At this point you will have completed your Tier 1 Virtual Assessment Process and we will have fully discussed your problem/goals at the beginning of your first video session.

Our job in the second part of the video call is to now take all of the information that you have given us and put together an effective treatment, rehabilitation or movement focused programme for you. This really concludes the assessment side of things and the emphasis shifts now onto getting you going!

Typically, what happens now is we will inform you that we are periodically ending the video call with you so that we may sit down with all of your information and design you your first rehabilitation or training programme. This process normally takes us around 20 minutes (sometimes more) to do. As soon as we have the programme ready for you, we will send it straight to you via email and our aim is to call you straight back to fully discuss your programme, what's in it and how it all works for you.

If you didn't know already, all Tier 1 Programmes are fully interactive and include HD videos, designed and recorded by us and are sent straight to your phone, smart device or laptop. This means that you can literally perform your rehab or training programme at home, in the gym, at the park....anywhere you like!



As part of the Tier 1 Online Package, you will also receive an instructional document called “Understanding Your Programme”. This simple document acts as a simple guide so that you can understand how to perfectly execute your programme without any issues.

By the end of your session, we will of course educate you on your problem/goals, re-cap everything with you and allow you to ask any questions or queries that you may have. Remember, no question is ever too stupid, we are here to help so please just fire away with anything you still are unclear over!

So there you have it!

If you are reading this before your video call with us, you should hopefully now have a crystal clear of how your session is going to go but perhaps more importantly, have a good understanding as to what we do and why here at Tier 1.

If you are reading this after your session, we sincerely hope your first experience of Tier 1 Online met all of your expectations! We are always striving for improvement so please do let us know if you feel we could improve in any way at all!

But before you go, let’s recap the process for you!

- 1) **The Tier 1 Online Package** – Following booking your appointment, we will send an email to you that contains all of the information you will need to prepare for your first online session with us.
- 2) **The New Client Form** – You will be sent a link to complete this form. You **MUST** fill this form out prior to your Virtual Assessment and Online Call with us.
- 3) **The Tier 1 Virtual Assessment** – This is your self-assessment that we will ask you to undertake prior to your video call with us. It’s simple to perform and takes less than 10 minutes to complete.
- 4) **Your Video Call – Part 1** – This 20 minute call allows us to really get to the heart of your problem. From here we will have the information from your self-assessment and will hold a thorough discussion with you online, as well as undertake any further specific tests with you over the phone. Once we have all the information we need from you, we will explain that we are ending the call to be able to write your programme but will call you right back. This process takes around 20 minutes.
- 5) **Your Video Call – Part 2** – We get to work on your programme, get ready for a call back!
- 6) **Your Video Call – Part 3** – From here, your programme will have been emailed to you and we now look to call you back to fully discuss your programme and how to execute it. We will further look to educate you and answer any remaining questions you may have.
- 7) **You are now ready!** – By now you should have a clearer understanding of what’s going on and you will have your structured programme. It is your job to now go and execute the plan! T
- 8) **Your Next Appointment:** Typically we schedule a second appointment with you for around 2 weeks time, we require you to do your exercises as instructed so that you can make some solid progression within this timeframe.



- 9) **Payment:** At the end of your session and once you are fully satisfied that you have everything you need to get moving forwards, we will take full payment for your session

THANK YOU & WE LOOK FORWARD TO SEEING YOU ONLINE VERY SOON!