Welcome to PTI
Member Information & FAQs

1. **Bookings on the app**

Once you log into the app and get set up you can make a class booking up to exactly 7 days before the class starts. This means if you are in a 9am class on a Monday, you will be able to book the following Monday's 9am class.

If you are on a 12 credit membership pack and you use your 12 credits. You will not be able to make another class booking until your membership renews on your renewal date. If you are on an unlimited membership, you will be constantly able to book classes for the following 7 days.

2. **Class Cancellations & Pausing Membership**

You have up to one hour before the class starts to cancel the class. If you can cancel the class after this time, please do so to free up the space for somebody else. However, if you do cancel at this time and you are on the 12 credit membership you will lose a credit and your membership will be blocked. If you lose a credit in this case, please email Carl or Steve and we will put the credit back on your account. If you are an unlimited member, in this scenario, your account will be blocked from booking and again please email Carl or Steve and we will unblock your account.

3. **Why does my app say "you've missed too many classes"**

This is for the above scenario where you cancel after the hour before the class starts or if you booked a class and didn't attend it. If you email Carl or Steve we will be able to unblock your account and get you back to class bookings.

4. **How to access TrueCoach**

Once you complete your fundamentals you will be emailed your login details for the Performance Therapy Ireland app. Once your membership starts you will receive an invitation email from TrueCoach to start on The Performance Therapy Ireland programme. You will need to accept the invitation, download the app and set up your own account before gaining access to your programme in the TrueCoach app.

5. **Waiting to go into your class**

When you walk in the doors of unit 17 you will see a ladies toilet and baby changing area to your right, and a hallway to the left that will bring you to the male and female dressing rooms. The ladies dressing rooms are up the stairs and the male dressing rooms are on the ground floor. You will find lockers here if you need to store anything for your class. If you continue straight you will see our reception desk and waiting area. This space is for all PTI and BikeRowSki members to wait before entering their class. You will find more lockers and a refill station for

your water bottle if you want. If you need a sweat towel just ask the coach on reception and they will give you one. You will also find another toilet through the door beside the refill station.

Once your class is about to start the coach of the class will call you in, please wait for your coach to open the door and call you into class.

6. **What to do on your very first PTI class**

After entering the room be sure to go up to the coach and let them know it is your first class. Go to a bay near the whiteboard to ensure you are near the coach and can clearly see the TV screen with the program on it. The coach will begin the warm up where every member of the class will take part. After this members will begin their own program. The coach will always go through the fitness program firstly as a group and then will address the performance and strength & conditioning program individually. The coach will give you a select amount of time for each section of the program and let you know when to move on. The final part of the session is the conditioning, the coach will inform you of when this is starting. You have an option to do this or do part D. If you are unsure whether you should do conditioning or part D, have a discussion with the coach to determine which one will suit you more based on your goals.

7. **Awareness in class**

There are 16 training areas in PTI. Wherever you see a PVC pipe is one of the training bays. When you walk in, go to one of the training bays and have awareness of the other bays around you. There is adequate space for you to complete the training programme, if you feel like you're not sure of the space or where you should go, please ask the coach.

When you are training in PTI there can be other members in the class that are on a completely different programme to you. If you are not sure of something please ask the coach rather than copying somebody else as it may be something different to what is on your programme. Scanning through the TrueCoach app before the class starts can be a great way to see what's on your programme for that day.

With the various programmes going on in PTI some members might be moving the barbell from the ground to overhead. With this it's important to recognise that somebody might miss the lift so they need adequate space around them to protect you and themselves. As you walk through the gym please be careful to not walk close to someone or directly across them for everyone's safety.

The other important thing to remember when loading and unloading a barbell that you need to do it one plate at a time and alternate between sides. If you load or unload too much weight on one side of the barbell it will become unbalanced and potentially flip over and could put you or others at risk.

8. **Awareness of others in class – gym etiquette**

During the class it is important to be aware of the other members around you. Particularly those on our performance program who may be weightlifting. These lifts don't always go to plan meaning that the barbell may drop in front or behind the individual lifting the bar. It is important not to walk in front of these individuals when they are starting the movement as it may cause them to be distracted and could lead to you or others getting hurt.

9. **Where do the DBs and Equipment go?**

Dumbbells - They should go in logical sequence from left to right, check on the racks there are stickers to indicate where the dumbbells should go.
Kettlebells - logical sequence from left to right starts with the lightest at the top to the heaviest at the bottom
Landmine attachments - They are located under wall balls/fractional plates
PVC pipe - Left on each J-hook, ensure you place them there at the end of every session
Barbells - Barbells are located in the holders on the wall where the bays with the rowers are. The bays with the ski ergs (4 bays) have 2 barbells per rack - 1 15kg and 1 20kg.
Plates - 5,10 and 15kg plates are placed appropriately underneath the whiteboard. 20kg and 25kg plates are placed in one of the corners of the room.
Bike, row and ski erg - Bike should be placed in the middle of the rack facing towards the bays with the ski ergs in them. Rowers should be placed upright at the end of each session. Ski erg may be moved forward during the class if getting in the way of barbell movements and should be pushed back in against the wall at the end of the session.
Benches - Place them behind the racks on the bays with the ski ergs and on the rest of the bays place them in front of the rack.
Bands - Ensure to place them at either side of the dumbbell rack.

10. **Leaving the gym as you would like to find it?**

This is a saying you will hear most PTI coaches mention at the end of each class. It is so important that we leave the bay the way you would like to see it when starting your session. Above gives a clear indication of where everything should be placed at the end of your session to ensure it is clean. As a general rule of thumb ensure PVC pipe is placed across the J-hooks, dumbbells or any equipment used during the session is not left in the bench, place benches back to their original position.

11. **How to use TrueCoach before class – get prepared**

Every Sunday you will be able to see the programme for the week ahead. We would recommend that you book your classes for the week ahead and be prepared for what is coming in the class. This will have you getting to work quicker and more efficiently once you get in. If you can get a few pieces of equipment that you might need as soon as you get in, do so, but just be ready to start the warm up when the coach calls it.

Also be aware that the coach might make changes to the programme that is different to what is on your TrueCoach app. Once you become consistent with the PTI training programme you can have your weight selection in mind before you get in.

12. How to use TrueCoach during and after class

We don't want you spending too much of your time in the gym on your phone. The beauty of the coach running the class is that you don't actually need to use TrueCoach during the class because the coach will take you through everything you do in the session. We understand that you might not want to use TrueCoach and you will just want to come in and train, then leave and not think too much about it until your next session, and that's ok too.

TrueCoach will help you track your numbers so you can progressively overload each week. We would recommend checking the app before you arrive for the class, check your exercise history from the session the previous week and then add your results for the workout once you finish. Be sure to click "Complete Workout" so your results save for the following week.

You can also leave your phone in a locker and "update your results" and "complete workout" once you leave the gym floor.

13. Benchmarks and Goals of PTI

At the end of each 12 week cycle we have what we call a benchmark week for certain parts of the programme. We build towards these benchmarks through each training cycle and these are guidelines to track your progress. These benchmarks are designed by our coaching team and set as markers of fitness, and give you something to train towards. Once you have completed one benchmark week, it is a standard to work from in our next training cycle.

We have benchmarks for each programme within PTI. You can see some of these on some of the posters around the gym. We have benchmarks for each adaptation of training, you can see the benchmarks in the Metrics section of the TrueCoach app.

Within the metrics section in your TrueCoach app you will see the metric set but you won't see our goal for you within the specific metric/benchmark, this is there for you to update and track at the end of Benchmark week. Talk to your coach about our specific goals for you within the individual benchmark.

14. What is tempo & why is it important?

Tempo is a major part of the PTI program for many reasons.
The first one being that tempo ensures that you move slower and with more control which provides the coach with more time to see how the client is moving thus allowing better coaching for you.
Incorporating tempo allows you to work on your weaknesses.
Tempo allows you to make strength gains. This follows the principle that objects get heavier as time goes on. Therefore the slower you move with weight the more difficult the exercise.

Tempo is essentially how long one repetition of a movement takes you. Tempo of a movements includes four numbers (for example: 2.1.1.1) each number refers to a different segment of the movement.
The first number is the eccentric (lowering) part of the movements, second number is the pause at the bottom of the movement, third number is the concentric (raising) part of the movement and the fourth is the pause at the top of the movement. This order remains the same regardless of the movement.

15. Fitness Programme

The Fitness program is body composition and muscular endurance focused. There is lots of time under tension, higher repetition and low rest periods to keep the appropriate intensity in the training session. This is the perfect programme if you want to lose weight, gain muscle and improve your overall health and fitness! This is also the perfect programme for the person that might be new to resistance training.

16. Performance Programme & requirements

The performance programme mainly focuses on strength and speed development. Gymnastic and olympic weightlifting movements are also incorporated into this programme. The programme is for individuals who have a goal to improve their performance or new skills.

We have certain requirements we encourage an individual to meet prior to starting this programme. These can be found on a poster in the gym. If you would like to view these please ask the coach in class and they can guide you through it.

17. Strength & Conditioning Programme requirements

The main goal of this programme is to improve absolute strength and muscular endurance throughout all the major compound movements including but not limited to squat, bench press, deadlift and strict press. The accessory work on this programme focuses on classic bodybuilding and core work. For this programme to be effective it is important to commit to a minimum of 4 days per week to allow each muscle group to be worked efficiently.

18. Conditioning or Additional Strength/Hypertrophy Work?

Once you come to the last 15 minutes of your session the coach will be moving people into the conditioning part of the workout. This is sometimes designed to train one of three energy systems. However some of our members would train these energy systems outside of PTI through various different sports or activities. For these members it might be more appropriate for someone to do additional accessory, strength or hypertrophy work. The option is there for you within our programming.

We see each member as an individual with various training needs and wants, so we want to give you individualised coaching and programming.

19. Contacting us

For general enquiries regarding the gym please contact Carl or Steve at carl@performancetherapy.ie or stephen@performancetherapy.ie

For enquiries regarding personal training please contact Dylan at dylan@performancetherapy.ie

For enquiries regarding physiotherapy please contact Kate at kate@performancetherapy.ie

20. What do I do if I am injured?

If you pick up an injury either inside or outside the gym you can book in for a physiotherapy appointment with Kate. This can be done using the performance therapy ireland website via the physiotherapy section or you can email Kate.

21. Can I pause my membership?

Yes, our system allows for two pauses per calendar year for a duration of up to one month each time. To pause your membership, all you need to do is email Carl or Steve.

22. How Do I cancel my membership?

PTI has a waiting list of new members looking to join so we would ask that you give us at least one month's notice before you cancel your membership so we can plan for allowing new members in and get them started with the fundamental process. However if you do need to cancel with immediate effect, we can do that for you no problem. To cancel, all you need to do is email Carl or Steve.

23. What is an InBody assessment and how do I book?

The InBody assessment provides a comprehensive view of body composition balance.
Body water, proteins, minerals and body fat, which are the components of the human body closely related to the status of our health. Using the method of quantitative analysis, these elements of body composition and body composition analysis provide basic information required for accessing the status of the body. The InBody assessment and consultation with our InBody expert takes less than 20 minutes. You can book an assessment here: https://www.performancetherapy.ie/bookinbody