

EXECUTIVE PROGRAM

The **Executive Program** includes three primary elements:

1. Three-phase customized training program
2. Nutritional guidance
3. Professional coaching

Together the three elements are designed to help the Executive achieve optimum performance and longevity in life.



Roberts & Steve Stamkos



Training Program:

- ≈ An initial evaluation of the Executive to determine strengths & weaknesses and to establish a baseline training level
- ≈ A three-phase customized training program with re-evaluations throughout the year
- ≈ Private 1-on-1 training sessions in the Gary Roberts High Performance Centre.
- ≈ Full Executive locker in private locker space
- ≈ Daily post workout meal in the Club restaurant
- ≈ Laundry service provided after each workout
- ≈ 2 detailed car washes per month
- ≈ Nike workout package
- ≈ Bio Steel supplements + bottled water
- ≈ a take away program for body maintenance when travelling

Nutritional Guidance:

- ≈ customized nutritional information
- ≈ meal planning
- ≈ recipes

Fitness Institute:

Now home to the Gary Roberts High Performance Centre, the Fitness Institute is a full service, executive level health club encompassing 40,000 sq. ft. of space plus tennis courts. This world class club includes a restaurant, a pool, expansive locker rooms with wet areas including steam rooms and whirlpools, a sports physiotherapy and chiropractic clinic and of course full cardio, dedicated Pilates studio and private personal training studio, free weight and group fitness areas. For more information on the club see www.fitnessinstitute.com.

Programs:

This program is designed and offered based on either 2 or 3 workouts per week with each session being an hour in intervals of either 3, 6, 9 or 12 months depending on individual needs.