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**Top 10 Things You Should Know About Your Fitness Together Training Program**

1. **You can control the intensity of each workout with your own effort.**
2. Pain increases cortisol and cortisol increases body fat.  There is no benefit to working out in pain.  Avoid the painful patterns and train the non-painful patterns.
3. **Soreness is ok, but it’s not marker of a good workout.  Just because you aren’t sore the next day, don’t think that you didn’t train smart**
4. Stacking fitness on top of dysfunction will only lead to injury or plateau.  That is why we use the **Aspire 8** screen to find your dysfunctions and work on cleaning up your weakest links
5. **Overtraining is a major contributor to lack of results and people quitting training.  If you workout more than 3 times per week, it is highly recommended to take a recovery week every 5-6 weeks and do light training or complete rest.**
6. Lifting weights will not make women bulky!! It will make you strong and lean.  Not lifting weights will make you frail and skinny-fat.
7. **You get much better results from doing a less challenging exercise in good form than you will from a more challenging progression in bad form.  Form before intensity**
8. If your goal is fatloss, it’s important to know that you typically can’t out-train a bad diet
9. **Recovery is just as important as the workout.  A good post workout meal, 7-8 hours of sleep, stress reduction, and tissue quality work are essential to a balanced program**
10. We are going to minimize sit-ups and crunches.  Your lumbar spine is made to stabilize, not flex and extend repeatedly under load. We do stabilization exercises for the core, and if your form is right you are working your core on EVERY exercise that we select.  Core training at it’s best is trying to maintain good posture under a load or force that is trying to alter that posture.