

GOALS

TRACK



ADVANCED TRAINING CENTER

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PLAN

TRAIN

TRACK

- Structurally log your training session results
- CHECK**
 - Monitor progress
 - Evaluation results
 - Check against goals
- ACT**
 - Feedback
 - Learn
 - Adjust

GOALS

- Reaching the defined goal must be a priority for you.
- ASSIGNMENT**
 - You are highly motivated to reach your goals.
- GOAL**
 - Specific
 - Measurable
 - Realistic
 - Time-related
- GENERIC OBJECTIVES**
 - Sport specific support
 - Athletic development
 - Get back in shape
 - Prevention / Aging well
 - Achieve weight loss
 - Rehabilitation

ATC - ADVANCED TRAINING CENTER

ATC promotes Uncompromised Strength & Conditioning Training:
 Everyone deserves the best professional approach.

Building Strength - a combination of Force, Speed and Endurance
 - is a pre-requisite for basic health, an enabler to develop a true "fitness lifestyle" and the foundation for performance in many sports.

We are **goals and result oriented** to develop your personal fitness lifestyle and train young, old, male and female.

A personalized training program and coaching provided for every workout and for every exercise. Your progress is **tracked and analysed** by our coach.

ATC takes a **functional and no-nonsense training** approach. We use proven concepts like Calisthenics, HIT, 5x5, 531 and WestSide Barbell. Our training sessions are brief and intense.

Proper nutrition is crucial.
 A healthy diet is key for an effective training program.

Our slogan **"We Are Growing"** expresses the **physical and mental growth:** Persist, endure, respect, learn, plan, be patient, create results.

- PERIODISE**
 - Short to long-term objectives and program
- COMMIT**
 - Establish a contract with yourself
- PLAN AND PREPARE**
 - Each training session
- ESTABLISH**
 - Your current fitness level
- ASSESS**
 - Fit for purpose training program

PLAN

- DISCIPLINE**
 - Make training a priority
 - Stick to the plan
 - Train intense
 - Eat well
 - Rest well
- LIFE BALANCE**
 - Enjoy training
 - Inspire others for the fitness lifestyle

TRAIN

