



iAMLOX  
PERFORMANCE X FITNESS

# THE LOX LIFT EXPERIENCE

A Comprehensive Guide to the LOX LIFT  
Methodology and Training System





Welcome to LOX LIFT.

First, thank you. Whether you're reading this on your first day or after months of showing up, I want you to know how much it means to have you be part of this community.

LOX LIFT was born from over 15 years of experience building gyms, coaching people from all walks of life, and watching what works and more importantly, what doesn't. I've owned and operated six fitness facilities throughout South Florida, worked with athletes, parents, professionals, and everyday people, and I can say this with full confidence: results come from structure, community, and consistency.

That's exactly what we've built here.

LOX LIFT is more than just a workout. It's a system grounded in science, delivered by real coaches, and supported by a community that shows up for one another. It's designed to help you build lean muscle, shed unwanted body fat, and feel stronger, in and outside the gym.

We're not chasing trends here. We're using proven principles, programming with purpose, and holding each other accountable. This is a space where everyone can train hard, stay safe, and make real progress.

My goal with this journal is to give you a deeper understanding of why we do what we do, how our training is structured, and how to get the most out of every session. Whether you're here to get in shape, push your limits, or simply take control of your health, LOX LIFT was built for you.

I'm proud of what we've created, and I'm even more excited about where it's going. Let's lift

LOX LIFT





# Who This Journal Is For

This journal was created for the people who want more than just a workout; they want to understand the “why” behind the process.

Whether you’re brand new to strength training, returning after a long break, or someone who’s been in gyms for years but never found a system that sticks, this guide is for you. LOX LIFT is designed for the general population: working professionals, parents, first responders, athletes in the off-season, and anyone ready to take control of their health.

LOX LIFT is a structured, science-based system that meets you where you are, gives you a roadmap to follow, and delivers results when you commit.



## This journal will help you

- Understand the methodology behind the LOX LIFT system.
- Learn the key principles of muscle building and fat loss.
- Stay accountable and consistent with your training.
- Know exactly what to expect when you walk into class.
- Maximize every session and build long-term habits.

If you’ve ever felt overwhelmed, unmotivated, or unsure of what to do in the gym, this is your blueprint.





# What to Expect from This Guide



This journal is your go-to reference for everything LOX LIFT. It's structured to educate and empower you so that each workout feels purposeful and aligned with your goals.

## Here's what you'll find inside

- ▶ The science behind our programming, including the three core principles of hypertrophy.
- ▶ An inside look at how LOX LIFT classes are structured and why they work.
- ▶ The reasoning behind our weekly and monthly programming flow.
- ▶ Tips to improve recovery, nutrition, and adherence outside the gym.
- ▶ Clear expectations, logistics, and how to navigate the LOX experience.
- ▶ Tools to help you track progress and stay on course.

I've taken everything we've learned over 15+ years in the fitness industry and built it into a program and a journal that we believe can change lives.

Let's get to work.





# Our Mission

At LOX LIFT, our mission is simple:

*To help people build stronger, leaner, and more capable bodies through science-based training and real community support.*

We're not here to impress you with flashy workouts or social media-trendy exercises. We're here to give you a system that works, a method built on proven strength and hypertrophy principles, designed for the general population and delivered in an environment that encourages consistency, confidence, and growth.

Our goal is to make strength training approachable, structured, and sustainable. Whether your focus is fat loss, muscle building, improved health, or simply feeling better in your day-to-day life, LOX LIFT gives you the tools, coaching, and environment to get there.

We believe that fitness should be empowering, not intimidating. That progress is personal. And that showing up, even on the hard days, is what changes everything.

We are here to guide, support, and challenge you because we know what's possible when you train with purpose.



# ***The Core Belief:*** ***Science Over Fads***

We don't follow fitness trends. We follow evidence.

At LOX LIFT, our entire training model is grounded in exercise science and proven strength training methodology, not what's popular on social media this month. The industry is full of quick fixes, flashy routines, and one-size-fits-all programs that promise results but rarely deliver. That's not us.

We believe in applying real training principles that have stood the test of time, supported by research and real-world results. Our program is built around the science of hypertrophy, using structured cycles of progression to help you build lean muscle, burn fat, and improve overall performance.

## **Our training approach includes**

- ▶ Progressive Overload
- ▶ Volume, Frequency, and Intensity Management
- ▶ Movement Quality
- ▶ Program Design Built Around Adaptation

We don't change workouts for the sake of variety. We change them when they support growth. Every session you complete has a purpose, whether it's building strength, increasing endurance, challenging your mental toughness, or supporting recovery.

By staying rooted in science and removing the guesswork, LOX LIFT gives you a reliable path forward. When you train with us, you can trust that what you're doing isn't random, it's intentional, effective, and designed to create lasting results.





# **Adherence Is Everything**

You've probably heard it before, but it's worth repeating: The best program is the one you can stick to.

In the fitness world, there's a lot of noise, conflicting advice, extreme challenges, and unsustainable plans that leave people feeling burned out or discouraged. At LOX LIFT, we believe the real magic happens when you stop chasing perfection and start focusing on consistency.

That's why **adherence** is the foundation of our entire system.

We've designed our program, our class flow, and even our gym culture around helping you stay consistent. From the moment you walk in, everything is built to support habit formation and accountability.

## Here's how we support adherence

- ▶ **Structured Programming:** Every week follows a clear and purposeful flow, so you know what to expect and how to progress.
- ▶ **Flexible Scheduling:** Multiple class times throughout the week to fit your lifestyle and remove barriers to showing up.
- ▶ **Coaches That Care:** Our staff is trained not just to guide your movement but to check in with you, challenge you appropriately, and keep you accountable.
- ▶ **A Community That Shows Up:** Training alongside others with shared goals builds momentum. You'll feel supported, encouraged, and reminded that you're not doing this alone.



It's not about being perfect. It's about showing up more days than you don't. Because when you stay consistent, the results take care of themselves.

# ////// **Hypertrophy Principles**

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At the core of the LOX LIFT training model is the work of renowned exercise scientist, one of the leading researchers in the science of muscle growth. His research outlines three primary mechanisms that drive hypertrophy (muscle development), and these principles form the backbone of how we structure every LOX LIFT workout.

We don't just train hard, we train smart. Here's how it works:



## **Mechanical Tension**

This refers to the force placed on your muscles during resistance training. To create mechanical tension, we use compound lifts such as squats, deadlifts, and presses with a controlled tempo and full range of motion. The heavier the weight and the more precise the movement, the greater the tension placed on your muscles. In LOX LIFT, this is our “RIG WORK” section, where we target strength through heavy, high-quality lifting.



## **Muscle Damage**

This occurs when we challenge muscles in new or intensified ways, often through eccentric loading (slower lowering), novel movement patterns, or increased volume. This damage creates a response from the body to repair and grow stronger. In LOX LIFT, we target muscle damage through accessory lifts like split squats, RDLs, or tempo pushups, movements chosen for their ability to stress muscles in specific, effective ways.



## **Metabolic Stress**

This is what you feel during the “burn.” It's the result of high-intensity work with shorter rest periods, leading to cellular fatigue and the buildup of metabolites like lactate. Think circuits, high reps, and bodyweight intervals. In LOX LIFT, we use this at the end of the workout during our circuit and HIIT finisher, designed to challenge your conditioning while supporting lean muscle development.

Each of these principles plays a different role in muscle growth, and when programmed together with intention, they create the most effective and sustainable results, both in physique and performance.

By rotating and balancing all three across the week and over time, our programming keeps your body adapting, your mind engaged, and your progress moving forward.



# How Strength Training Builds Muscle and Burns Fat

Most people still associate fat loss with cardio, but science tells a different story. While aerobic exercise plays a role in general health, it's resistance training, specifically structured strength training, that creates the long-term body composition changes most people are after.

**Here's why strength training is the key to building muscle and burning fat:**

## **Muscle Raises Your Metabolism**

Muscle is metabolically active tissue, meaning it burns more calories at rest than fat. The more lean muscle you build, the more energy your body uses throughout the day, even while sitting at your desk or sleeping. Strength training increases your basal metabolic rate (BMR), which helps drive fat loss over time.

## **The Afterburn Effect (EPOC)**

LOX LIFT workouts are designed to stimulate **EPOC**, or Excess Post-Exercise Oxygen Consumption. This is the process of your body restoring itself to baseline after a workout. It requires energy, which means you'll continue burning calories for hours after your session, especially after our heavy lifting and HIIT finishers.



## Improved Insulin Sensitivity and Hormone Balance

Lifting weights helps your body process carbohydrates more efficiently and supports healthy hormone function, including growth hormone and testosterone, both important for body composition and energy regulation. It also helps regulate cortisol, your stress hormone, when paired with proper recovery

## Long-Term Fat Loss Without Muscle Loss

Crash diets and excessive cardio often lead to weight loss that includes muscle loss. This lowers your metabolism and makes long-term maintenance harder. With LOX LIFT, you're preserving and building muscle while burning fat, which leads to improved body composition, not just a lower number on the scale.

## Functional Strength = Better Life

Beyond aesthetics, lifting makes you better at life. Picking up your kids, carrying groceries, walking up stairs, and feeling confident in your clothes, this all gets easier when your body is strong.

In LOX LIFT, we've combined progressive strength training, accessory work, and conditioning in a way that drives lean muscle growth, improves body composition, and boosts total-body performance all in under an hour.



# Why Group Strength Training Works

Strength training is powerful on its own, but when combined with the energy and accountability of a group setting, it becomes something even more effective and sustainable.

At LOX LIFT, we've intentionally structured our program to provide the individualized benefits of resistance training within a motivating, coach-led group environment. Here's why that matters:

## **Built-In Accountability**

It's easy to skip a solo gym session. It's harder to skip when people are expecting to see you. In a LOX LIFT class, you'll find familiar faces, coaches who know your name, and a group that notices when you're not there. That sense of being part of something bigger increases consistency, which drives results.

## **Professional Coaching in Real Time**

Every class is led by certified, experienced coaches who guide you through movement, progressions, and modifications. You're not guessing what to do or how to do it. You're being coached with purpose, and that keeps you safe, focused, and progressing.

## **Encouragement and Energy**

There's a different kind of intensity that happens when you train alongside others. You push harder, stay more focused, and ride the momentum of the group. It's the perfect balance between personal progress and team energy.

## **Structure That Eliminates Guesswork**

No more walking into a gym and wondering what to do. Every LOX LIFT session is programmed for you, so all you need to do is show up and follow the plan. The class format ensures you hit all the key pillars of training—mechanical tension, muscle damage, and metabolic stress every week.

## **A Culture That Supports Progress**

We've built a community that celebrates wins, encourages effort, and thrives on consistency. Whether you're hitting a new PR or just showing up on a tough day, you're part of a team that respects the process and supports your journey.

LOX LIFT isn't just a workout—it's a system designed to help you stay consistent, stay motivated, and get results within a group of like-minded individuals. That's the formula for long-term success.





# The LOX LIFT

## Programming Structure

To get consistent, long-term results in the gym, your training must be planned with intention. Random workouts might leave you tired, but they rarely deliver sustainable progress. That's why LOX LIFT uses a periodized training system built around three essential training cycles: macrocycle, mesocycle, and microcycle.

### Here's how it works

#### Macrocycle (12 Weeks)

This is the "big picture" phase of your training. Every LOX LIFT macrocycle spans 12 weeks and serves as the foundation for long-term development. Each macrocycle is built to deliver noticeable improvements in strength, lean muscle, endurance, and body composition. At the end of every 12-week macrocycle, we host the LOX LIFT-OFF, a community event where members get the chance to test their main lifts and celebrate the progress they've made. It's more than testing, it's a milestone.

#### Mesocycle (4 Weeks)

Also known as a "training block," the mesocycle focuses on one consistent pattern of stimulus over four weeks. Each block builds on the previous one, adjusting reps, sets, intensity, and movement patterns to support adaptation. You'll notice certain movement themes repeat within each block, giving your body the consistency it needs to improve before progressing further.





## Microcycle (1 Week)

Each training week—six days total—is considered a microcycle. It's the most detailed view of your training and includes all the day-to-day elements: specific lifts, accessory work, conditioning circuits, and rest days. Every microcycle is carefully programmed to balance training stress and recovery while hitting all the major muscle groups.

Why does this matter?

Training in clearly structured cycles is how we apply key principles of adaptation like:

- ▶ **Progressive Overload:** Gradually increasing weight, volume, or intensity to drive muscle growth and strength gains.
- ▶ **Frequency:** Training each movement or muscle group often enough to stimulate change.
- ▶ **Volume:** Managing total workload to maximize results without overtraining.
- ▶ **Variety:** Introducing new stimulus at the right time to avoid plateaus and keep training effective.
- ▶ **Recovery:** Programming deloads, smart pacing, and finishers to ensure your body adapts rather than breaks down.

By organizing our training through these cycles, LOX LIFT delivers more than just hard workouts; we deliver sustainable progress, week after week, block after block, and cycle after cycle.

Next, we'll break down exactly what our weekly format looks like and how we approach each day inside the gym.



# **The Daily Class Format**

Every LOX LIFT session follows a clear, consistent structure designed to hit the right stimulus at the right time. This structure allows us to apply the principles of hypertrophy in a predictable and progressive way, helping members build lean muscle, increase strength, and improve overall conditioning.

**Here's what a typical LOX LIFT strength session looks like:**

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**1**

## **Independent Warm-Up (Before Class Begins)**

Members are encouraged to arrive up to 30 minutes early to complete their warm-up using the posted warm-up displayed in the Launching Pad area. This prepares the body for movement, increases mobility, and helps prevent injury.

**2**

## **Mechanical Tension (RIG WORK)**

This is the core strength portion of class, focusing on compound lifts such as squats, deadlifts, or pressing variations. These movements are programmed with progressive overload in mind, often using a format like 5/3/1 or fixed volume waves. Members will typically train in small groups or pairs to ensure flow, spotting, and focused effort.

**3**

## **Muscle Damage (Accessory Work)**

Next, we target key muscle groups with tempo-based or unilateral accessory lifts. These exercises allow for deeper muscle activation, improved joint stability, and greater muscular fatigue. This portion is often done at slightly higher reps and lower loads than the RIG work.

**4**

## **Metabolic Stress (Circuit + Finisher)**

The final segment is a fast-paced conditioning circuit or finisher that raises the heart rate and promotes calorie burn. This might include dumbbell complexes, bodyweight intervals, or equipment-based finishers like sled pushes or battle ropes. It's short, intense, and highly effective.

**5**

## **Cooldown (Optional but Encouraged)**

Members are welcome to stay after class to stretch, mobilize, or use recovery tools provided in the accessory area. Recovery is a key part of long-term progress, and we encourage members to treat it as such.



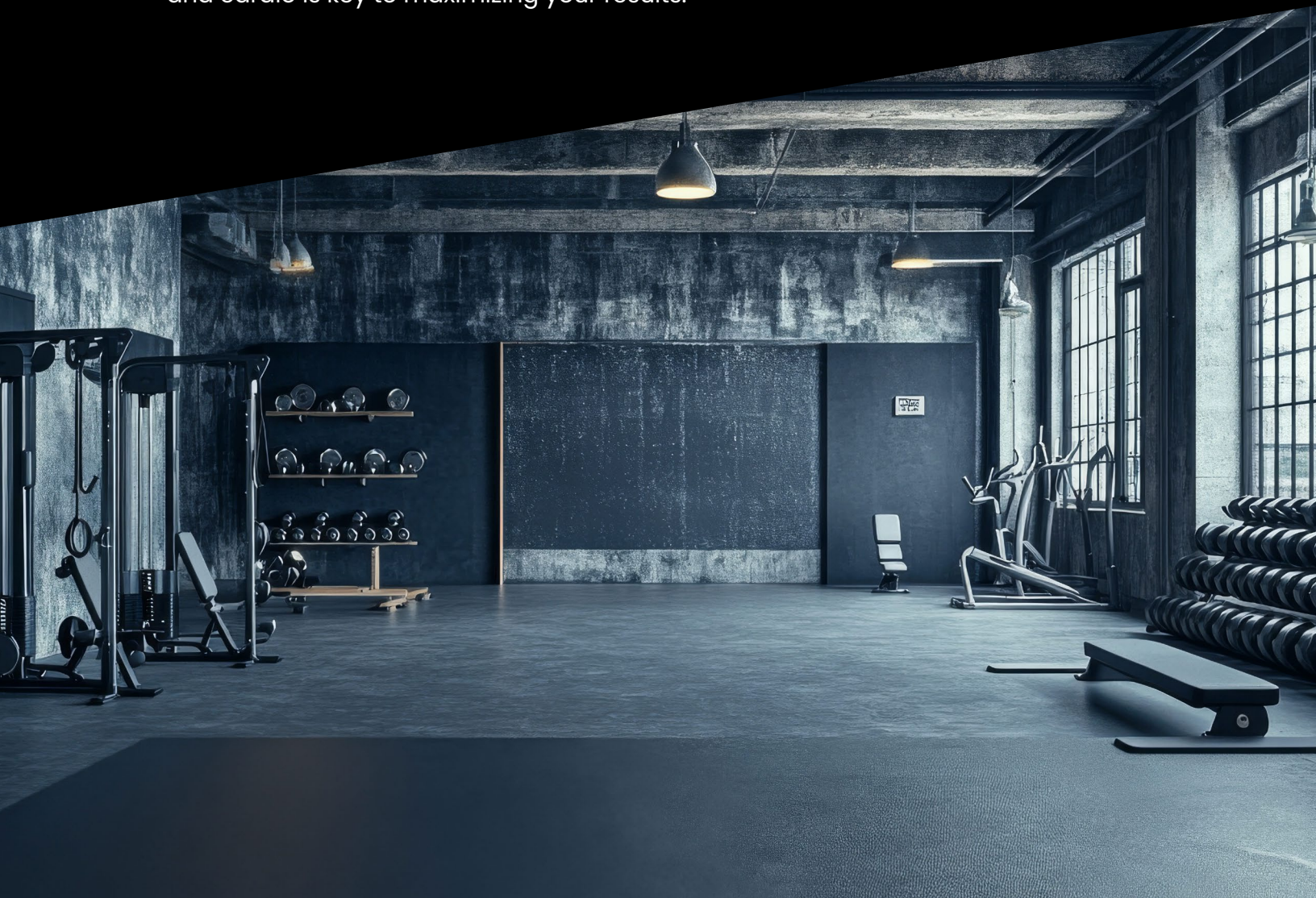


# *Cardio Days Are Structured Differently*

While the strength-focused days follow the structure above, our Wednesday and Saturday cardio sessions are run differently. These days, we do not lift weights. Instead, we dedicate the full session to long-form, zone-based conditioning using bodyweight movements, machines (rowers, bikes, ski ergs), sleds, med balls, and kettlebells. These sessions are designed to improve cardiovascular endurance, support recovery, and enhance metabolic efficiency without compromising your strength or muscle-building efforts.

Why the separation?

That's what we'll cover in the next in section, where we explain why LOX LIFT avoids concurrent training and how understanding the metabolic differences between strength and cardio is key to maximizing your results.



# Why We Separate Strength and Conditioning

One of the core elements that sets LOX LIFT apart is how we structure our weekly training to separate strength work from long-duration conditioning. This is an intentional strategy based on physiology, not preference.

You may have heard the phrase “do your cardio after weights,” or seen programs that combine lifting and conditioning into every workout. While that can be useful in certain cases, we do not believe in blending the two systems every day. Why? Because it interferes with your ability to fully adapt to either one. This is called the interference effect or concurrent training problem.



## What Is Concurrent Training?

Concurrent training refers to training for two competing goals at the same time, typically strength and endurance, within the same session or closely together. When done improperly, this combination can attenuate the benefits of both.

### Here's why

**Resistance training** relies primarily on the ATP-PC and glycolytic energy systems. These systems power short, explosive efforts and rely heavily on muscle tension & mechanical loading.

**Cardiovascular training**, especially longer sessions, taps into the aerobic energy system, which requires oxygen and promotes a very different type of adaptation focused on endurance, stamina, & oxygen efficiency.

These two systems send conflicting signals to the body at the cellular level. When combined too often or too closely, your body becomes confused about what to prioritize, leading to blunted strength gains, reduced muscle growth, and slower recovery.





# Why LOX LIFT Keeps Them Separate

At LOX LIFT, we believe that both strength and conditioning are essential, but they must be trained intentionally and independently to get the full benefit of each.

## Here's how we solve for that

- ▶ Strength and hypertrophy training is prioritized on Monday, Tuesday, Thursday, and Friday.
- ▶ Cardio-focused conditioning is placed on Wednesday and Saturday, when no heavy lifting is performed.
- ▶ This spacing allows your body to adapt properly to each stimulus, building strength and muscle on some days, and improving aerobic capacity and recovery on others.

By avoiding interference and designing our program around how the human body works, we help you build muscle, burn fat, and get in shape without compromise.

In the next section, we'll dive into how this structure plays out inside each training day and how we deliver the LOX LIFT experience from the moment you walk in.





# **LOX LIFT-OFF:** **Community, Competition, and Celebration**

At LOX LIFT, training isn't just about sets and reps... it's about progress, community, and shared momentum. That's why every 12-week training cycle culminates with our signature event: the LOX LIFT-OFF.

This quarterly event is more than a fitness test. It's a celebration of the work you've put in, the strength you've built, and the culture we've created together.

## **What is LOX LIFT-OFF?**

The LOX LIFT-OFF is a community-driven event where members test their main lifts, typically the back squat, bench press, and deadlift, alongside their peers in a high-energy, supportive environment.

Whether it's your first time testing or you're chasing a new PR, LOX LIFT-OFF is designed to give everyone a chance to measure their progress and celebrate it. You'll lift in waves or heats, get coached through your attempts, and feel the full energy of the room behind you.

## **Why We Do It**



### **Purposeful Progress**

We don't just train to train—we train for a reason. The LOX LIFT-OFF gives your training structure and meaning, aligning with the end of each 12-week macrocycle to showcase the results of your hard work.



### **Community Energy**

The vibe is electric. With music, cheering, coaches guiding the floor, and friends or family watching, it's a powerful moment that reinforces why consistency matters.



### **Culture Building**

LOX LIFT-OFF is part of our identity. It brings members together, unites different class times, and builds a team culture that motivates people to keep coming back.

## What to Expect

- ▶ Guided Warm-Up & Lifting Order
- ▶ Multiple Lifting Waves for different levels
- ▶ Live Coaching & Judging to support safe, successful attempts
- ▶ Vendors, Music, & Food to keep the energy high
- ▶ Celebration & Recap of highlights and member shout-outs

Whether you're here to test your strength, cheer on your crew, or just take it all in, the LOX LIFT-OFF is a core piece of what makes LOX LIFT different. It's the celebration our training deserves—and a reminder of what's possible when you show up week after week.



# LOX LIFT Terminology

To get the most out of your training, it's important to understand the terms and cues you'll see in your workouts. This section breaks down the most common LOX LIFT terminology so you can follow the programming with clarity and confidence.

**SET**– A set is a group of repetitions performed without rest. Example: 3 sets of 10 reps means you'll do 10 reps, rest, repeat that for 3 total rounds.

**REP (Repetition)** – One complete movement of an exercise. Example: 10 reps of a squat = squat down and up 10 times.

**AMRAP (As Many Reps/Rounds As Possible)** – A type of workout or set where you perform as many repetitions or rounds as you can within a given time or until failure. Example: *AMRAP 10 pushups means do as many pushups as you can.*

## RIR (Reps in Reserve)

A way to gauge intensity. RIR tells you how many reps you should have left “in the tank” at the end of a set.

- RIR 3 = stop with 3 reps left before failure
- RIR 1 = push to near failure Used to guide effort without maxing out too often.

**Percentage (%)** – Indicates the weight used as a percentage of your one-rep max (1RM). Example: Back Squat at 80% means you use 80% of the heaviest back squat you can do once.

**TEMPO** – Refers to the speed of each phase of a movement, usually written as a 4-digit number.

**Example: 3-1-1-0 on a squat =**

- 3 seconds down (eccentric)
- 1 second pause at the bottom
- 1 second up (concentric)
- 0 seconds pause at the top Tempo creates more time under tension and improves control.



**Ascending Sets** – Each set increases in weight while reps may stay the same or decrease. Example: *Set 1: 135 lbs, Set 2: 155 lbs, Set 3: 175 lbs*

**Descending Sets** – Each set decreases in weight. Often used when performing high reps under fatigue or as a burnout. Example: *Set 1: 185 lbs, Set 2: 165 lbs, Set 3: 145 lbs*

**Superset (SS or SSA, SSB)** – Two exercises performed back-to-back with little or no rest. Example: *SSA: Back Squat 3x5 + Romanian Deadlift 3x10*

**E3MOM / EMOM (Every X Minutes On the Minute)** – A timed format where you begin a movement at the top of each minute (or every 3 minutes), then rest until the next round begins. Example: *E3MOM9* means every 3 minutes for 9 minutes total (3 rounds).

**Circuit** – A group of 3 to 5 exercises done consecutively for a set number of rounds or time. Circuits are often used in the Metabolic Stress phase of class to drive conditioning.

**Mechanical Tension / Muscle Damage / Metabolic Stress** – These are the three hypertrophy principles explained in Section 3.1. You'll often hear these terms referenced in relation to the goal of a training block or daily workout.

**Deload Week** – A lower-intensity week used to reduce fatigue and promote recovery. Usually programmed after a training block or leading into a testing week.

**Finisher** – The last part of a workout. A short, high-intensity segment designed to increase heart rate and metabolic demand. Often under 5 minutes.

**PR (Personal Record)** – The best you've ever lifted for a specific movement or rep count. We test these at the end of every macrocycle during the LOX LIFT-OFF.

This glossary will help you navigate class, understand your programming, and take ownership of your training journey.

# How Each Day Flows



## Arrival & Check-In

Upon arrival, members check in at the front desk or kiosk. We recommend arriving at least 20 to 30 minutes before your class time, especially on strength days. This allows time for you to complete your independent warm-up in the Launching Pad area. A recommended warm-up is posted daily to help guide your prep before class officially starts.



## Class Launch

Your coach will gather the group at the scheduled class time to begin the session. From there, the class will follow the LOX LIFT structure based on the day's focus (strength or conditioning). You'll move through each section with coaching, scaling options, and clear direction.



## Group Format

Depending on the lift, members will often work in pairs or groups of three during the RIG WORK section. This keeps things moving efficiently while fostering camaraderie and accountability.



## Post-Class Cooldown

After the finisher, members are encouraged to take a few extra minutes to cool down, hydrate, and stretch. Our accessory area is open for mobility, recovery, or additional core work as needed.

This flow is intentionally designed to remove confusion, keep energy high, and provide just the right amount of structure. Whether you train once a week or five times, you'll always know what to expect when you walk through the doors.



# Equipment and Layout

At LOX LIFT, we've designed our facility with a single goal in mind: to create a training environment that delivers results while being organized, efficient, and motivating. Every piece of equipment, every zone in the gym, and every flow between spaces has been intentionally planned to support the structure and science of our program.

Here's a breakdown of the key areas and tools that bring the LOX LIFT experience to life:

## The Launching Pad (Warm-Up Area)

This is where your session begins—even before class starts. Located on the east side of the gym, the Launching Pad is a dedicated space for your independent warm-up. Members are encouraged to arrive early (20 to 30 minutes before class)

and follow the posted warm-up tailored to the day's workout. This space is stocked with bands, foam rollers, light kettlebells, and mobility tools.

## The RIG (Strength Zone)

This is the heart of LOX LIFT. The RIG is where we perform our compound lifts during the Mechanical Tension portion of class. You'll find:

- Power racks and safety bars
- Kabuki Transformer Bars – chosen for their joint-friendly versatility and ability to adjust squat mechanics for all body types
- Olympic barbells, bumper plates, and blocks
- Adjustable benches and pull-up stations

This space is structured to allow multiple small groups to lift safely and efficiently without crowding or confusion.





## **Accessory & Dumbbell Zone**

After RIG WORK, we move into targeted accessory lifts for Muscle Damage. This zone includes:

- Dumbbells (light to heavy)
- Kettlebells
- Adjustable benches
- TRX, resistance bands, and cables
- Specialty tools for core work, glute activation, and mobility

Here, members spread out across stations and follow coach-led or written guidance on accessory movements.

## **Turf Area (Conditioning Zone)**

Our long turf strip is where the finishers and circuits come to life. Expect:

- Sprints
- Agility
- Sleds and prowlers

This open layout allows for high-energy group circuits and partner-based challenges during the Metabolic Stress portion of the class.

## **Recovery & Mobility Corner**

This optional space is available before or after class for light stretching, foam rolling, and cooldown. We believe recovery is essential to performance, so we encourage members to spend a few minutes here after each workout.

## **Why This Layout Works**

Each area of the gym flows naturally into the next, allowing us to transition seamlessly from strength to accessory to conditioning without wasting time or space. The equipment we use is carefully selected to:

- Enhance movement quality
- Promote joint health
- Support scalable, progressive training for all fitness levels

From warm-up to finisher, the facility itself is part of the coaching experience.

Up next, we'll cover Section 5.3: Rules, Safety, and Expectations, ensuring every member understands how to train respectfully and effectively inside THE LOX.

# Rules, Safety, & Expectations

To keep our training environment safe, focused, and community-driven, we have a set of expectations that guide how we operate inside THE LOX. These aren't just gym rules, they're part of what makes LOX LIFT a place people want to keep coming back to.

Whether you're new or experienced, these standards ensure everyone can train hard, train smart, and progress together.

1

## **Show Up Early and Warm Up**

We encourage all members to arrive at least 20 to 30 minutes before class to complete their warm-up in the Launching Pad. A recommended warm-up is posted each day based on that day's programming. This ensures you're properly prepped and ready to go when class launches.

2

## **Respect the Class Flow**

Each class follows a carefully planned structure. Please stay within the designated training areas during each section. When the group is in RIG WORK, avoid wandering into the turf or PT space unless directed by a coach. Moving with the group keeps the flow smooth and supports the community dynamic.

3

## **Be Coachable**

LOX LIFT coaches are here to keep you safe and help you improve. Be open to feedback, technique corrections, and cues. We're not here to make you feel bad, we're here to make sure you move better and train more effectively.

4

## **Safety Comes First**

Use proper form, follow the prescribed progressions, and don't lift beyond your capability. Our program is built to challenge you, but never at the expense of safety. Use spotters when needed, listen to your body, and communicate with your coach if something feels off.

5

## **Clean Up After Yourself**

Wipe down equipment after use, re-rack weights, and return any gear you use to its proper place. This shows respect for the space and the next group coming in.

6

### **Be a Team Player**

LOX LIFT is more than an individual workout; it's a team experience. Encourage your training partners, share equipment, and support the culture we've worked hard to build. A positive atmosphere is what keeps people consistent, and consistency is what delivers results.

7

### **Track Your Progress**

Take advantage of our app. Track your weights, reps, and how you felt during the workout. Your results don't just come from showing up; they come from intentional progression. We'll remind you often, but the more you take ownership of your data, the faster you'll improve.

We've built LOX LIFT to be a structured, motivating, and respectful training environment, and it only works when everyone plays their part. When you show up ready to learn, follow the plan, and support those around you, you're not just getting in shape; you're helping to raise the standard of what group training can be.





# Recovery, Sleep, and Nutrition Tips

Training hard is only half the equation. What you do outside the gym—how you recover, sleep, and fuel your body—plays a critical role in how well you perform, adapt, and progress inside the gym.

LOX LIFT was designed to create a stimulus. But it's during recovery that your body responds to that stimulus by building muscle, shedding fat, and improving performance. If you're not supporting that process outside the gym, you're leaving results on the table.

Here are some foundational tips we live by:



## Recovery

- ▶ **Prioritize Rest Days** Listen to your body. If you're feeling run down, sore beyond normal, or mentally drained, take a recovery day. Active recovery, like walking, light biking, stretching, or yoga can help you bounce back faster.
- ▶ **Mobility & Cooldown** Spend 5 to 10 minutes after each session working through basic mobility drills or foam rolling. This can reduce soreness and improve your range of motion over time.
- ▶ **Hydration** Muscles are roughly 75 percent water. Aim for at least half your bodyweight in ounces of water per day, and more on days you train or sweat heavily.



## Sleep

- ▶ **Aim for 7 to 9 Hours Per Night** Sleep is when your body rebuilds. Growth hormone, recovery, mental focus—it all hinges on deep, quality sleep. Make it a non-negotiable.
- ▶ **Create a Nighttime Routine** Dim the lights, reduce screen time, and wind down with something calm (reading, stretching, breathwork). Consistent habits lead to better sleep cycles.
- ▶ **Be Consistent** Going to bed and waking up at the same time each day supports your nervous system, hormone balance, and recovery.



## Nutrition

- **Prioritize Protein** Protein is the building block of muscle. Aim to get a source of lean protein at every meal; chicken, eggs, fish, Greek yogurt, cottage cheese, whey protein, and lean beef are great options.
- **Don't Skip Meals** Under-eating is one of the most common reasons people stall in fat loss or muscle building. Your body needs energy to perform and recover.
- **Stay Balanced** Carbs fuel training. Fats support hormones. Protein builds muscle. Eat in a way that supports performance, not just aesthetics.
- **Post-Workout Tip** Try to eat within 45 to 60 minutes after training. A combination of protein and carbs will help you recover, replenish glycogen, and support muscle repair

LOX LIFT is built to train you hard, but it's up to you to recover harder. Your results depend on what happens in the 23 hours outside the gym just as much as what you do in the one hour inside it.





# Final Thoughts and Your Next Steps

If you've made it this far, you already understand what makes LOX LIFT different. This isn't just a gym program. It's a system designed to help real people build real strength, develop discipline, and create lasting change... physically, mentally, and emotionally.

We built LOX LIFT for people who are tired of guessing, tired of starting over, and ready for a smarter way to train. It's backed by science, refined by years of coaching, and driven by a community that shows up day after day.

Now that you understand the philosophy, structure, and methodology behind the program, your next step is simple: just keep showing up.

## Here's how to maximize your LOX LIFT experience

- ▶ **Be Consistent** Adherence is the #1 factor for success. Hit your sessions weekly and treat it like a non-negotiable appointment with yourself.
- ▶ **Track Your Progress** Record your lifts, your effort, and how you feel. Over time, the trends will show your growth—even when day-to-day progress feels small.
- ▶ **Fuel, Sleep, Recover** Follow the tips in this journal to support your training outside the gym. Recovery isn't optional; it's where the gains happen.
- ▶ **Ask Questions** Our coaches are here for more than just cueing movements. Lean on us when you need guidance or accountability.
- ▶ **Engage With the Community** High-fives, partner workouts, LOX LIFT-OFF, or just checking in with someone new—it all helps reinforce the environment that keeps people coming back.

You now have the map, the tools, and the team. Your results are just a matter of consistency and effort. Whether you're on Day 1 or Week 100, we're here to support you every step of the way.

Thank you for trusting us. Thank you for being part of this movement. We're just getting started.

See you at THE LOX.

**SCIENCE-BASED TRAINING**