

STRENGTH & CONFIDENCE POST SURGERY

*You can be strong and pain free again.
Make the most of your surgery and recovery by investing in
a strength program created to make you strong.*

Getting started is easy:

Step 1: Book a call
[Click here](#)

Step 2: Get An Assessment

**Step 3: Schedule Training on
days & times that fit your
schedule.**

**Step 4: Feel strong & live
pain free.**

Learn more at:
www.califitbody.com



REBUILT STRONG TRAINING METHOD

4 Step Path To Rebuild Muscular Strength, Cardiovascular
Fitness & Physical Confidence Post Surgery



Surgery



Pain

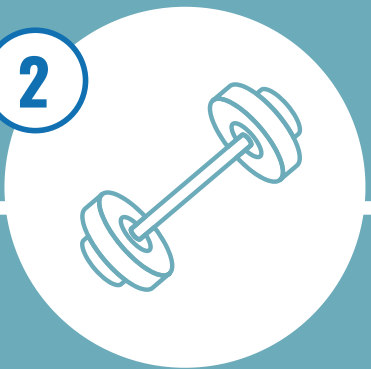
4 STEPS TO REBUILD STRONG

1



ASSESS

2



REBUILD BASE STRENGTH
Week 1-6 & Week 19-24

4



PEAK
Week 13-18

3



CHALLENGE YOUR BASE
Week 7-12



REBUILT STRONG



REPEAT. COMMITTED TO FIT.

HOW IT WORKS

A six month progressive program designed to rebuild strength, confidence, mobility and cardio health post surgery.



Surgery



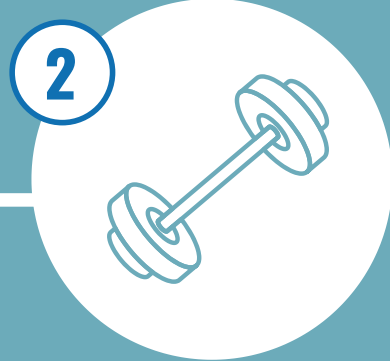
Pain

4 STEPS TO REBUILD STRONG



STEP 1:

We collect as much information as possible initially and then every six weeks. Flexibility, endurance, mobility, body composition, & eating habits.



STEP 2:

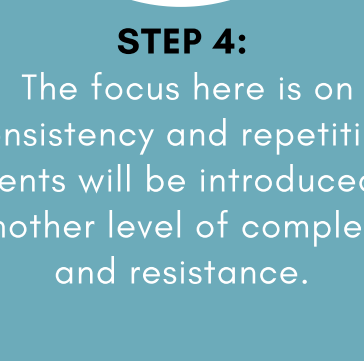
Focus first on basic movement patterns & big muscle groups. Increase strength, connect with the body through movement, and establishing confidence in physical ability.



3

STEP 3:

Increase resistance and complexity of movement. While also building cardiovascular stamina & endurance. Continued focus on nutrition to optimize weight, healing, and growth.



STEP 4:

The focus here is on consistency and repetition. Clients will be introduced to another level of complexity and resistance.



Repeat

Welcome to the lifelong pursuit of fitness. We know LIFE IS BETTER when you're strong. Follow this path of BUILD, CHALLENGE, PEAK & REPEAT to create your best body year after year.



Rebuilt Strong

Shifts in identity and confidence will be noticeable at this point in the program. Clients will continue on and move back into the rebuild base step finding they have established a new base of fitness.