

New Lifter Orientation

Mammoth-Impact Gym Etiquette

- Bring dedicated lifting shoes (bring them with you, do not wear outdoor dirty shoes on the platforms or in the gym for hygiene purposes)
- Get to the gym on time
- Enter and exit through the main door on the west side, not through the roll up doors
- No jewelry
- Protect your shins with pants, long socks, or knee sleeves
- Protect your hands with chalk
- Bring your own towel if you'd like to use the showers
- Log any changes in TrueCoach for the day and update your coach on upcoming vacations and demanding physical events
- Gym safety requires you learn to use the power racks and safeties properly

Resources

- Starting Strength Basic Barbell Training, 3rd Ed. by Mark Rippetoe (the blue book)
- startingstrength.com



Strength Training Gear

Required

- Physical Logbook (Record daily top weights, reps, sets; PRs; any other technical notes)
- Lifting Shoes (Rogue Do-Win, Adidas Powerlift, or TYR L1-Lifter models recommended; minimal-moderate heel lift, non-compressible sole, arch support, metatarsal strap)
- Flexible gym shorts or pants
- Cotton t-shirt (synthetic shirts are not recommended)
- Water Bottle (bring with you and hydrate with favorite electrolytes)

Suggested

- Dedicated gym bag to keep your gear together
- Leather Lifting Belt 3-in single-ply (~6mm) Dominion or Pioneer brands recommended
- Tripod or Magnetic phone mount (online clients)
- Chalk (online clients)
- Knee and elbow sleeves
- Tall Deadlift socks



- Micro-Plates Set (2in Olympic, Pairs of 1lb, 0.75lb, 0.5lb, 0.25lb)

Optimize Your Novice Linear Progression (~first 3 months)

- Stress-Recovery-Adaptation is a 48-72 hr cycle for novices if recovery is adequate
- Basic recovery requires enough quality food and restful sleep
- Expect the first 1-2 weeks to be fairly sore and then your body will adapt with consistency
- Concerning chronic and acute injury and pain, in general come to the gym as movement is medicine and we will modify as needed. Stay home for the day and possibly seek medical assessment if severe pain with daily tasks, discoloration, swelling, numbness, tingling, instability, and systemic symptoms (nausea, shortness of breath, etc)
- The gym standard is if pain spikes during a specific lift's warm ups than we modify
- Concerning illness, do not come to the gym if you have nausea/vomiting or fever, otherwise continue training at the gym
- Minor orthopedic injuries: MEAT {Movement (unloaded), Exercise/Training, Analgesics, Treatment (ace wrap, taping, cold/contrast therapy, healthcare assessment/treatment)}
- Rest between sets for 2-5 min+ (strength training is not done in a hurry)
- Listen to your body and STOP if concerned - we want to work hard and progress your thresholds but avoid injury
- Be honest about your medical history with your coach, as even old injuries or conditions can affect your training progress
- Online lifters video from the optimum angles as described in TrueCoach
- Be proud of your Personal Records in weight and volume (reps and sets)

Basic Nutrition

- PRIOR to training, eat or drink a minimum of 30 grams of carbs (1 banana, 1C cooked oatmeal, etc) and some protein (whey protein shake, eggs, etc)
- Have a portion of protein with every meal
- Two basic supplements are recommended for most lifters of all ages: Whey Protein (if dairy is tolerated) and Creatine Monohydrate (for bioenergetic demands)
- Recovery for strength training requires staying hydrated and eating enough quality calories to include a recommended protein intake of 1 gram per pound of bodyweight per day (this takes consistency and effort with the fork)

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