

Duquette Strength Training Options Guide

Training Option (X denotes your best option)	1	5	10	16-Week Accelerated
Frequency of Appointments				
Multiple Training Sessions / Week				X
Weekly Training Sessions		X	X	
Inconsistent Training Sessions		X		
* For optimal results, we do not recommend working with a DS trainer less frequently than one session per week.				
Goal				
Active-Rehabilitation			X	X
Posture Correction		X	X	
Core Strengthening		X	X	
Maximum Fat-Loss			X	X
Increased Strength and Muscle Mass			X	X
Total Strength and Conditioning				X
Athletic Competition Preparation				X
Program				
DS Lifestyle Consulting	X			Included
Postural Reprogramming System™		X		Included
PRS and Active Core System™		X	X	Included
Personalized Program Design			X	Included
Support				
Number of Body Composition Tests	1	2	3	8
On-line Nutritional Support				Included
Number of Workout Reports	1	2	4	8
All-Access Gym Membership (Months)		1	2	4
Cost				
Total Number of Sessions	1	5	10	32 / 48
Total Investment	\$120	\$500	\$900	\$2400 / \$3216
Cost / Session	\$120	\$100	\$90	\$75 / \$67

DS Lifestyle Consulting consists of a comprehensive assessment and outline of your physical condition including a Body Composition Analysis, Postural Analysis, and Nutrition Analysis.

The **Postural Reprogramming System** consists of a Postural Analysis and a personalized training program based on your specific goals and requirements.

With select training packages, you will receive a complementary all-access gym membership at **Spartacus Athletic** (www.spartacusathletic.com) located at 1522 Commercial Drive in Vancouver, BC).