

HEAVY METAL FITNESS

CLIENT WELCOME PACK



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WWW.HEAVYMETFITNESS.COM

WELCOME TO THE MOSHPIT!

ARE YOU READY TO ROCK????

What's up, Rockstar? Welcome to HMF!

We're so excited to have you join us on your fitness journey! Whether you're here to build strength, improve endurance, or simply create a healthier lifestyle, you've made an awesome choice. Our team is dedicated to providing you with the guidance, support, and motivation you need to achieve your health & fitness goals.

Is personal training a magic solution? **No.** It's going to take some work, a little sweat, and a lot of determination, but our trainers can guide you through it. Now crank it up - You got this!

Inside this welcome packet, you'll find everything you need to get started, including information on our process, policies, helpful downloadable resources, and the best ways to stay connected with us. We're here to help you every step of the way, so never hesitate to reach out with questions or for extra support.

Your fitness journey starts now—
Let's make it amazing!

Train Hard | Stay Consistent | ROCK ON!



**HEAVY METAL
FITNESS**



WHAT TO EXPECT FROM US


Personalized Training Programs

- Customized workouts tailored to your specific goals and preferences - no cookie cutter templates
- Regular updates and adjustments based on your progress and feedback

Expert Guidance

- Certified and experienced trainers dedicated to helping you succeed
- Nutrition and lifestyle advice to complement your training
- Our trainers provide punctual sessions, clear communication over text, and an open mind. No egos here!

Continuous Support

- Professional, supportive, and friendly atmosphere
 - Open communication for any questions or concerns
 - We're here to help you every step of the way—let's reach your goals together!
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MEET OUR TRAINERS



BOB KACZMARCZYK

📞 219-808-0564

Strength & Conditioning Specialist

With over 15 years of experience, Trainer Bob focuses on building muscle, improving strength, and enhancing athletic performance. Whether you're a beginner or an advanced lifter, he will help you safely push past your limits, with a sense of humor thrown in.



TRACY KACZMARCZYK

📞 219-775-0885

Corrective & Pre- & Postnatal Exercise Specialist

Specializing in movement and post-rehabilitation, Trainer Tracy creates fun workouts that improve flexibility, coordination, and overall functional fitness, helping you stay strong in everyday life. She loves helping women find their strength in motherhood and beyond.



HEAVY METAL FITNESS

Heavy Metal Fitness was born from a desire to change the world for the better. Owners Bob and Tracy Kaczmarczyk want to help you change your life, become healthy, and achieve the best YOU possible. Heavy Metal Fitness opened its physical location in 2015. Since then we've been working hard to provide you with the motivation, accountability, and awesomeness necessary to meet your fitness goals.



THE
HALESTORM



THE
MACHINE HEAD



THE
DISTURBED



THE TRAINING PROCESS

Initial Consultation & Client Goal Setting

Meet with a trainer to assess fitness levels, medical history, and set personalized goals.

Foundation & Form: Stability

Learn proper technique and joint stabilization, control, and coordination. Identify movement compensations and build a solid foundation for fitness.

Strength & Conditioning

Increase intensity with strength and endurance training. Acclimate to heavier weights and higher training intensities to build muscle and strength.

Power & Max Strength

Dynamic Power: Use higher force and velocity exercises to improve athletic performance.

Max Strength: Increase muscle size and capacity to handle heavier loads.

Lifestyle Integration

Develop long-term habits for sustainable fitness and well-being, including hydration, nutrition, mobility, and stress management.

PROGRAM GOALS

A muscular man is shown from the waist up, performing a deadlift. He is holding a barbell with both hands, and his arms are extended upwards. He is wearing a dark tank top and shorts. The background is dark, and the lighting highlights his muscles.

At Heavy Metal Fitness, our customized personal training programs are designed to support every step of your fitness journey, whether you're a beginner or an experienced athlete. Every person who walks through our door is going to have a different goal for their health and fitness. Popular goals include:

Weight Loss

Achieve and maintain a healthy weight through a balanced combination of strength training, cardio workouts, and proper nutrition. Our program focuses on sustainable fat loss while boosting metabolism and overall energy levels.

Strength Building

Increase muscle tone, enhance physical power, and improve overall strength with targeted resistance training. Whether you're lifting weights or using bodyweight exercises, our program helps you build a stronger, more resilient body.

Endurance

Improve cardiovascular health, stamina, and overall performance through structured endurance training. With a mix of steady-state cardio, interval training, and functional exercises, you'll enhance heart health and sustain energy for longer.

Flexibility

Prevent injuries, enhance mobility, and improve range of motion with guided stretching, mobility drills, and flexibility-focused workouts. Incorporating flexibility training into your routine helps support recovery and overall physical well-being.

WHAT WE EXPECT FROM YOU

Commitment & Consistency

- You have to commit to the work. Show up for workouts regularly and on time. Clean up your nutrition. Progress takes time, and consistency is key!

Effort & Positive Attitude

- Give your best effort in every session and maintain a positive mindset. Challenges will arise, but we will work through them together.

Open Communication

- Share goals, scheduling issues, program concerns, or injuries with your trainer promptly. Feedback helps us tailor your program for best results.

Healthy Lifestyle Choices

- Support your training with good sleep, hydration, and proper nutrition. You can't out-train a bad diet. Fitness is about overall well-being!

YOU HAVE TO PUT IN THE WORK, AT HMF AND AT HOME!
Personal Trainers aren't magicians, they're guides. Help us help you.

IMPORTANT INFORMATION

Payment & Cancellation Policy

- 100% of the total package payment is due at purchase. All training packages are non-refundable. Current pricing can be found on our **website**.
- Payment for package renewal is due the last session of the current package.
- We accept cash, check, or credit card payment.
- A minimum of 24 hours notice is required to cancel a personal or small group training session, otherwise the session will be forfeited and charged. The session can be rescheduled or postponed if 24 hours notice is given. For partners, accommodations can be made if one or more participants have a cancellation.
- All training packages will expire 6 months after the purchase date. Outstanding sessions will be forfeited after the expiration date.
- Tardiness will cause the training session to be reduced by the amount of time the client is late. Tardiness in excess of 15 minutes will cause forfeiture of the session.
- Classes: All class passes are non-refundable. Credit will not be given for missed classes. All class passes will expire at the end of the posted session block date. Outstanding classes will be forfeited after the expiration date.

Health & Safety

- Clients must complete a waiver & health questionnaire before beginning training.
- Clients should consult their trainer before workouts if feeling unwell or injured.
- Proper workout attire and clean gym shoes are required at all times.
- We strongly recommend clients bring a refillable water bottle and have a small snack a half hour before a session.



FREQUENTLY ASKED QUESTIONS

➤ ***Do I have to listen to Heavy Metal music during my session?***

YES! Haha, just kidding! You can listen to whatever music you would like! Music is the heart of any good workout. We've got all kinds of stations for you to choose from.

➤ ***Do I need to be in shape to start? Will I be sore?***

Our programs are designed for all fitness levels, from beginners to advanced athletes. At first you might be a little sore. Once your body is more conditioned, the post-workout soreness will lessen considerably.

➤ ***How often should I work out?***

The ideal frequency depends on your goals. Most members benefit from 2-4 workouts per week, either at the studio or at home, but we can help create a plan that fits your schedule and lifestyle.

➤ ***Do you write up specific workouts for me to do at home?***

Not usually, except for specific clients and situations. We encourage you to take whatever notes you need during the session. We can give instruction on at-home cardio or a generalized home workout plan.

➤ ***What should I wear?***

For your workouts, you should wear comfortable clothes that you can move around in. You may get a little sweaty. Athletic shoes are strongly recommended for your safety. Closed-toed shoes must be worn while lifting weights.

➤ ***How long does it take to see results?***

Results vary based on consistency, effort, and nutrition. Many members start noticing changes within 6-8 weeks with regular training and a balanced diet.

➤ ***Do you offer nutrition advice?***

Yes! While we're not dietitians, we provide general nutrition tips to support your fitness goals and help you make healthier choices. You can't out-train a bad diet!

➤ ***Can I cancel or reschedule a session?***

We understand that life happens! Please check our cancellation policy or speak with a trainer about rescheduling your session in advance.

FOOD GUIDE

FATS	CARBOHYDRATES (CARBS)	PROTEIN	FIBER
Avocado	Sweet Potatoes	Chicken Breast	Lentils
Olive Oil	Quinoa	Salmon	Black Beans
Nuts	Brown Rice	Greek Yogurt	Chia Seeds
Seeds	Oats	Eggs	Broccoli
Fatty Fish	Whole Grain Bread	Tofu	Brussels Sprouts
Dark Chocolate	Bananas	Cottage Cheese	Apples
Coconut Oil	Fruits	Lean Beef	Pears
Butter	Legumes	Tuna	Artichokes
Full-Fat Dairy	Berries	Turkey Breast	Raspberries
Cheese	Vegetables	Tempeh	Avocados

Eating Smart for Your Fitness Goals

- **Balance Your Plate:** Combine healthy fats, complex carbs, high-quality protein, and fiber for a well-rounded meal.
- **Stay Hydrated:** Water is just as important as food—drink plenty throughout the day.
- **Choose Whole Foods:** Prioritize natural, unprocessed ingredients to fuel your body.

Look on the next page for FREE downloadable nutrition guides & meal plans! Additional Nutrition Services can be found on our website.

FREE DOWNLOADS

Macronutrient Guide >>

Learn how to track macros effectively and build a nutrition plan that aligns with your fitness goals. Whether you aim for fat loss, muscle gain, or improved performance, this easy-to-follow guide will provide you with everything you need for long-term success.

7 Day 1500 Calorie Meal Plan >>

Simplify healthy eating and reach your fat-loss goals while keeping protein high! This 7-Day High Protein Meal Plan takes the stress out of dieting and meal prep. Designed for anyone needing structure who wants to eat balanced meals prioritizing protein.

Eating Healthy While Dining Out >>

Break free from the guilt of dining out! This guide provides proven strategies to make healthier food choices and develop better eating habits at restaurants. Learn how to control cravings while dining out without over indulging or excessive calorie intake.

Fitness & Meal Planner Templates >>

Printable templates for your personal use! Also comes as a PDF with fillable fields. Daily & Weekly Workout Logs, Food & Nutrition Trackers, Meal Planning Forms, Weight Check-ins, 30 Day Challenges, Body Measurements, and much more!

At-Home Stretching & Foam Rolling Exercises >>

Work on your mobility and workout recovery at home! Illustrated step-by-step how-to for easy stretching and foam-rolling reference. Descriptive instructions for 20 stretches & foam rolling movements with clear visuals.

FEEDBACK & TESTIMONIAL REQUEST

WE WANT TO HEAR FROM YOU!

Your feedback is important to us! At Heavy Metal Fitness, we are committed to providing the best fitness experience possible. To help us improve, please take a moment to answer the following questions. Your responses will help us enhance our services and better support your fitness journey.

Answer "Yes" or "No" to the questions below:

	YES	NO
Did you find our gym facilities clean and well-maintained?	<input type="checkbox"/>	<input type="checkbox"/>
Are you satisfied with the guidance provided by our trainers?	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed progress in your fitness journey since joining?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel motivated and supported during your workouts?	<input type="checkbox"/>	<input type="checkbox"/>
Is the gym equipment easily accessible and in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
Have our group fitness classes met your expectations?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find our nutrition counseling helpful for your fitness goals?	<input type="checkbox"/>	<input type="checkbox"/>
Is the gym schedule convenient for your workout routine?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any issues with policies or billing?	<input type="checkbox"/>	<input type="checkbox"/>
Would you recommend our gym to friends and family?	<input type="checkbox"/>	<input type="checkbox"/>

WE WOULD LOVE A TESTIMONIAL OR GENERAL FEEDBACK!

REFERRAL BONUS!

If you refer a friend to HMF and they sign up for a personal training package, you get a **FREE SESSION!**



DAILY FITNESS TRACKER

DATE:

DAILY GOALS:

WATER 	BREAKFAST	LUNCH	DINNER	SNACKS	SWEETS/DESSERT
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WORKOUT PLAN

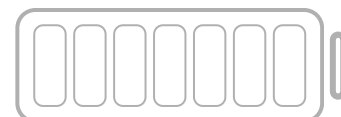
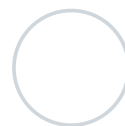
EXERCISE LOG

No.	Exercise Type	Sets	Reps	Intensity	✓/✗	Sets	Reps	Intensity

REST & RECOVERY

Time	Type

MY MOOD TODAY





GET IN TOUCH WITH US!

We're here to support you on your fitness journey! Whether you have questions about your training program, need assistance with scheduling, or just want to learn more about what we offer, we'd love to hear from you. Reach out to us via phone, email, or social media, or visit us in person—we're always happy to help!

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