



Adaptive Workouts

WHAT TO EXPECT

Location

Our facilities are located at 840A El Camino Real, Belmont, 94002. Closest intersection is Ralston & El Camino Real. Take Ralston exit 412 off hwy 101.

Parking

Numerous parking spots are available on both sides on El Camino Real right in front of the studio and up or down the street. Parking is limited to 2 hours between 8AM and 6PM, no limit at other times.

Clothing

No special “sports” clothing is required. But the clothing should be loose not to constrain body movement, blood flow and breathing. For example, tight jeans are not a good idea.

Change Rooms & Lockers

Adaptive Workouts has a change room and lockers. You are welcome to change here. Please keep your street clothing and valuables in the locker while your session is in progress.

Food

It's best not to eat immediately before your exercise session and wait two hours after a large meal. Keep your body well hydrated at all times, but especially so before the exercise.

Session Duration

A typical session lasts 30 minutes. You will workout on several pieces of equipment under a direct supervision of the trainer. The exact set of machines, weights and duration of each specific exercise will be adjusted by the trainer based upon the capabilities and the response of your body.

Showers

Just like other practitioners of the high intensity strength training method, Adaptive Workouts has no shower facilities. Training is conducted at 68°C and does not cause body perspiration. Showering after the exercises is not required.

Muscle Soreness

Muscle soreness that shows up a day or two after exercising can affect anyone, regardless of the fitness level. It's normal, doesn't last long, and is actually a sign that you had a great workout and really challenged your body. Light workout has been shown to often help the recovery. Call us at 650.733.9889 to discuss.

Your Next Session

You must let your body recover for at least 48-72 hours before your next session.

Cancellations Policy

To cancel or to reschedule your appointment please call or leave us a message at [650.733.9889](tel:650.733.9889) or email us at fit@adaptiveworkouts.com at least 24 hours prior. If you are unable to give us 24 hours notice of cancellation, if you are late by over 15 minutes, or if you don't show for your appointment -- you agree to make a payment in full.