



SAVAGE STRENGTH

Info Sheet

General Info:

- **Private Facebook Group:**
 - There is a private Facebook group for your relevant team inside of Savage Strengths Facebook Page.
 - Be sure to join it as this will be the hub for all additional coaching and information and how I will be communicating with you.
- **Group Introductions:**
 - When you first join the group, make a short post in there and let us know a bit about yourself, your goals and current situation.
- **Check Ins:**
 - We want to hear from you each and every week, so they'll be a weekly check in post every Monday within the Facebook group.
 - It doesn't have to be anything fancy and we even give you a template to follow - just let us know how you're getting on and what you need help with.

Questions & Coaching:

- **The Private Facebook Group:**
 - This is the place to post videos of your lifts for feedback and coaching.
 - We always endeavor to reply to anything in the group within 48 hours, however 24 hours is the usual.
- **Got a quick question?**
 - Post it in the comments on the pinned welcome post within the Facebook group and one of the admins will get back to you.
 - We aim to clear comments on this post every 24-48 hours. If you need something more urgently, tag one / all of us.
 - If you've not heard from us within 48 hours, it's not personal, we may simply have missed it! Comment again and give us a nudge.
- **Got something that requires a deeper answer?**
 - There will also be a 'hotseat' Q&A every week to answer any questions you have that require a deeper response than in the Facebook group.
 - If you would like to submit a question or chat to us live on one of the calls, you'll need to fill in a 'hotseat form'. The link will be found on the pinned post in the members area.

End Notes:

- Thank you for becoming part of our growing community of lifters and I look forward to coaching you and seeing you progress.
- If there's anything you feel I've missed from this document that you'd like to know, please don't hesitate to ask.

Contact Info:

- If you have any questions, queries or problems not related to your lifting that you'd like answered privately, please send them to:

adam@savagestrengthcoaching.co.uk