

TEMPO PERFORMANCE

CLIENT JOURNEY

Tempo Performance group is based in a bespoke sanctum located in the heart of Fitzrovia, London with state-of-the-art equipment. Featuring high-profile levels of Personal Training

STEP 1

INITIAL CONSULTATION

**PERSONAL TRAINING
STRENGTH & CONDITIONING
PERFORMANCE**

You will meet and discuss with Julian various aspects of your life that you are willing to. This will include your goals, any medical conditions, your working environment, present stress levels, diet and nutrition, training history and any previous injuries.

Subsequently below you have an overview of all the testing protocols which are best suited for you

STEP 2

PHYSICAL TESTING

Julian will take you through your Fitness Assessment

This will include:

BODY COMPOSITION TEST

Here we test with capillaries - 14 sites on the body to see where you store fat the most.

Where the fat storages are the highest on the body will give us a good idea to the type of body you are i.e. gynoid or android and which protocol is necessary to minimise the fat gain and increase fat loss.

START YOUR JOURNEY



- BODY PROPORTION MEASUREMENTS

Why?

As different leg to height ratio + Wingspan to height ratio requires different work to obtain mechanical advantage and optimal growth for lagging muscle groups.

- FULL BODY FLEXIBILITY ASSESSMENT

Why?

To test if your body is too hypermobile or inflexible. As both can impair progression and increase risk of injury.

- ASSESSMENT OF MUSCLE + IMBALANCES

Why?

This is to see if there are any red flags when stimulating a muscle and if there are any imbalances from one side of body to the other i.e. if the scapula muscles can't fire properly it would be dangerous to do heavy Barbell lifting.

- MOVEMENT PATTERN ASSESSMENT AND STRESS TEST

Why ?

Here we assess how you move in certain functional and conventional movements and test how quick or slow the firing rate of your muscles are. This will give us a better understanding where the starting points are for exercise selection and duration.



STEP 3

PSYCHOLOGICAL TESTING NEUROTRANSMITTER DOMINANCE + PERSONALITY PROFILE TEST

Why?

Neurotransmitters has a big impact on a person's personality. We assess each of your Neurotransmitter levels and sensitivity levels which will accurately provide us a guide of your brain chemistry. In-turn this will provide clarity of your dominance Neurotype which will help make the best possible decision for your: Training, Nutrition and Supplementation protocol.

STRESS TEST

Why?

This test is very useful in evaluating which type of stress is affecting you the most and where the highest levels of stressors are coming from. In-turn this will determine what frequency and loading parameter you can handle in exercise and which stress relief is suited for your stress response type.

STEP 4

GENETIC TESTING GENETIC AND BLOOD TESTING + NUTRITION AUDIT

Why?

This is a comprehensive test which examines the unique codes in your body's DNA for specific genes that will affect your diet, health and fitness. The results will produce an in-depth analysis of:

- Muscle fibre make-up telling us which exercises are best geared towards your goals.
- The way your body interacts with caffeine, lactose, sugar, alcohol and how well you metabolise fat and glucose.
- How is your genetic behaviour of eating foods? i.e. How big is your appetite? how strong is your sensitivity of feeling full? How well does your insulin secretion work + sensitivity?
- How susceptible are you to certain types of injuries?
- What key nutrients are you are more liable to be lacking?

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- BLOOD TESTING 360°

Why?

This will unlock and finalise any abnormalities in your blood work. Testing includes:

- Thyroid Function (T3 + T4)
- Liver function
- Kidney function
- HDL + LDL Cholesterol
- Glucose metabolism
- Full Blood count + CRP reading
- Testosterone and Oestrogen ratio
- Food intolerances
- Testosterone levels
- Oestrogen levels
- Creatine and LDH (heart function)
- Vitamins and Mineral such as Magnesium, Iron, B complex and much more.

- GENETIC TESTING VS BLOOD TESTING

Genetic testing will show what your potential is i.e. you include genes that show you are lactose intolerant and/or gluten intolerant.

The blood test will confirm if you actually are gluten and Lactose intolerant or Genetically modified i.e. results show no intolerants to any foods. meaning your DNA has been genetically modified showing you have developed the correct bacteria in the gut to digest these markers. DNA can be temporarily modified by the environment we are in.

- NUTRITION AUDIT

Why?

Here you will need to detail what you eat on regular basis for 1 WEEK to help us make positive changes with the dietary habits in the most suitable fashion for yourself.

- EVALUATION + PAINTING THE PERFECT PICTURE

Now we evaluate all your Physical, Psychological, Genetic and Blood tests alongside taking your lifestyle into consideration and begin to

‘Paint your Perfect Picture of a Plan’

Your plan will include:

- What Selection of exercises are best geared to you as an individual from warm up to cool downs and recovery methods.
- The Type of training + methods which will be most suited towards your goals.
- The ideal Frequency + Rest intervals for you to progress not just physically but you as a person as a ‘whole’.
- Personalised Nutrition recommendations based on your genetics, blood profile and lifestyle.
- Personalised Supplement protocols for you to tackle through the toughest areas of your life with ease to maximise your performance in the workout.
- Constant support to help overcome any challenges along the course of your journey.

REMEMBER:

‘WE ARE HERE TO MAKE YOU INTO THE BEST INDIVIDUAL YOU CAN POSSIBLY BE’

