

Advance Acceleration Rules and Regulations

1. The athlete must be in the clinic 15 minutes prior to their appointment to warm-up and stretch. Appointments start on the hour.
2. If you are over 10 minutes late for your appointment without calling you will forfeit your appointment.
3. If you do call and are 5-15 minutes late you will receive a modified protocol.
4. If you are unable to make your appointment you must call a cancel a minimum of 24 hours in advance, otherwise you will forfeit that appointment.
5. Rest periods are designed for recovery, not horseplay. Rest periods are an excellent time to stretch.
6. When doing any program where you are working with a trainer you are not allowed to leave the immediate area without the trainer's permission. Leaving the area will result in unnecessary delays to the other athletes.
7. When weight training, do not rest on the equipment. You must get up and stretch and also work in with other athletes.
8. When weight training, please wipe down the equipment after use.
9. No foul language will be accepted when training at the facility. Foul language may result in push-ups.
10. Courtesy and respect for others is mandatory.