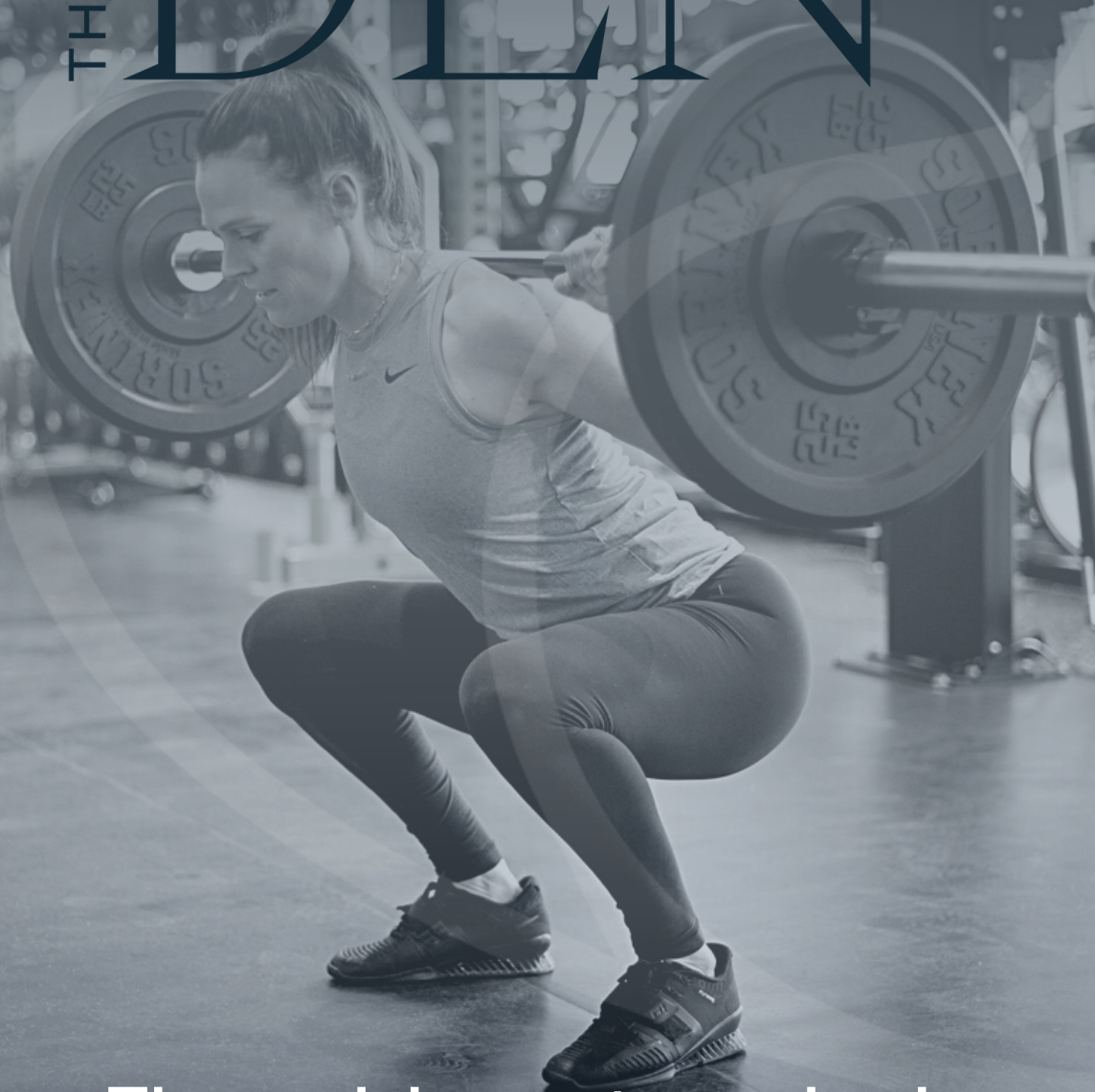


WELCOME TO



THE

DEN



The pack has got your back

TENNEY
ALLISON



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WELCOME TO THE DEN

I am so honored to have you here.

The Den program lays out a challenging but fun strength-based routine in a balanced and well-rounded way. Over 4-week training blocks and 3-month phases, you will progressively build upon the levels of fitness — strength, capacity, balance, power, mobility, flexibility, etc.

I do not take the coaching commitment and your strength journey lightly. There can be no outer transformation unless there is also a shift on the inside as well.

Inside the Den, you will find compassionate care coaching to walk you through your training program, along with the support you need as a human juggling life.

My hope is that you extend yourself the grace, compassion, time, care, and attention you truly deserve to reach your audacious dreams. Inside this welcome packet, you will find details about The Den to help you navigate the program.

Please read through each section to understand your program, how to navigate the mobile app (TrueCoach), and how to maximize your experience and your results.



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HEALTH AND
FITNESS COACH



THE PROGRAM

PHASES OF THE PROGRAM

The Den is written as a yearlong program.

MONTHS 1-3	MONTHS 4-6	MONTHS 7-9	MONTHS 10-12
Hypertrophy General Prep	Basic Strength	Big Strength	Strength-Power

Months 1-3: Hypertrophy / General Preparation phase.

The focus is on reconditioning the body, increasing lean body mass, and increasing short-term endurance.

Months 4-6: Basic Strength phase.

The goal here is to increase specific strength as the foundation for future power / high intensity work.

Months 7-9: Big Strength phase.

The focus is on simple percentage based training to increase your max training weight.

Months 10-12: Strength-Power phase.

The goal is added power and speed work along with continued strength development.

COMMON ABBREVIATIONS & TERMS

- Progressive Overload = Increasing in difficulty over time (accomplished by incr. weight, reps, adding tempo/pauses...)
- METCON = Metabolic Conditioning
- Hypertrophy = Muscle Building
- EMOM = Every Minute on the Minute. Ex: 10-12 Reps EMOM x 6 Min = 10- 12 Reps at the start of Every Min for 6 Min. Rest remainder of the minute after completing work (usually 15-25s of work time)
- AMRAP = As Many Reps as Possible. Keep moving + accumulate as many rounds/reps until time expires
- Alternating Movements = Complete movement (ex: bench). Rest 1-2 min. Complete second movement (ex: row). Rest 1-2 min
- Superset = Two movements performed back-to-back, no rest b/t
- RDL = Romanian Deadlift
- TGU = Turkish Get-up
- Incline = At an angle (ex: incline bench)
- Prone = Lying downward
- SA = Single Arm
- BW = Bodyweight
- DB = Dumbbell
- KB = Kettlebell
- Rest Day = A day off exercise where we give the body time to rest/recover.
- Deload = A week of less volume, frequency, reps, and intensity. It typically should occur every 4-6 weeks in programming

INTENSITY:

- RIR = Reps in Reserve. Think of this as reps left in the tank. For example, 3 Reps with 2 RIR = you *could* complete 5 reps but stop at 3.
- RPE = Rate of Perceived Exertion

CHOOSING WEIGHT

You will notice that most of the time, you are in charge of choosing your weight.

This is by design. You are the authority on your body. Autonomy is something we practice and nobody knows better about your body than YOU. To make progress, my hope is that you continue to push your training edge. There are guidelines and suggestions as you go as far as RPE (rate of perceived exertion) and %.

For training adaptations to occur, to improve strength, and to build muscles (#gainz), you need to challenge yourself.

Typically I suggest leaving 1–2 reps in the tank unless otherwise specified on your training day.

RPE scale (rate of perceived exertion)

10	Max effort	Very hard/uncomfortable. Can't sustain for long periods of time.
9		1 rep remaining. Challenging and uncomfortable.
8	Very hard	2 reps remaining. Somewhat challenging.
7		3 reps remaining. Moderately challenging.
6		4 reps remaining.
5	Moderate	
4		Plenty left in the tank. Conversational pace.
3	Easy	Long steady training.
2		Walking with purpose.
1		Active recovery and daily activity.

TEMPO (Time under Tension)

Time under tension (Tempo work) has been defined as the time spent carrying out muscular contractions as part a strength training exercise. We can vary the times and how to target different portions of a lift based on how we write Tempo work. When we are working on Tempo, the focus is on muscular elements versus tendinous elements (a slow, controlled motion is going to place more stress on the muscles, whereas a bouncy or ballistic motion will place more stress on the tendons).

Example: Let's say you are doing a squat with the tempo 3.0.1.0

- The first number is the eccentric (lowering) portion of the lift.
- The second number is the bottom part of the lift.
- The third number is the concentric (lifting) portion of the exercise.
- The fourth number is the top of the lift.

In this example, the focus is on the eccentric portion of the lift, the slow lower. Tempo training is done to improve stability, develop intermediate muscle fibers, and develop work capacity.

What you won't find inside The Den:

- Guaranteed results of any kind. That's on you, my friend.
- Weight requirements (what to lift) or weigh-ins of your body
- Before/after pics
- Nutrition help or guidance on food
- Shame for missing a workout
- Pressure to push through a workout when you are into it
- Making you 'good' or 'bad' for adhering to the program



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TrueCoach

How to use TrueCoach

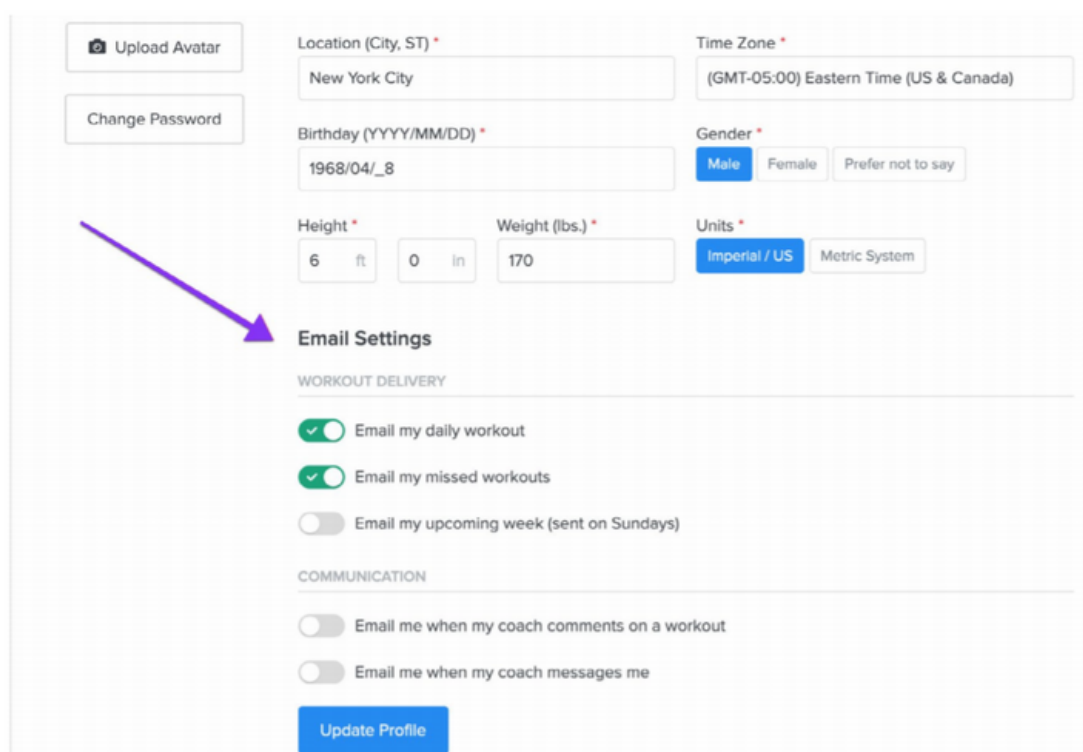
Check out this video tutorial from TrueCoach about how to use the App: <https://help.truecoach.co/en/articles/2632440-client-how-to-use-truecoach>

TrueCoach Notifications:

Notifications are automatically set up inside TrueCoach to let you know when a new month of workouts has been assigned. You will also receive an email for the day's workout AND if it's missed or you don't log in for that day.

You can turn off the notifications if you do not want to receive the emails:

- From a web browser, once you've logged in, click on your profile photo in the top right corner.
- Then, click on the top line with your name and photo.
- Scroll down to the Email Settings menu. From there, you can choose which emails you receive. If the toggle is green with a check mark, you WILL get those notifications

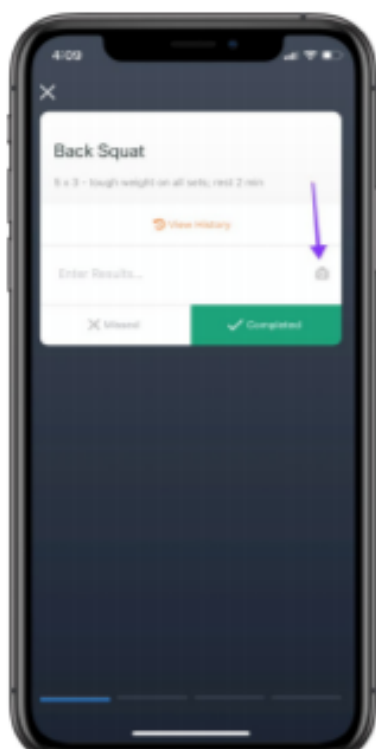


The screenshot shows the TrueCoach profile settings page. On the left, there are buttons for 'Upload Avatar' and 'Change Password'. The main form contains fields for 'Location (City, ST)' (New York City), 'Time Zone' ((GMT-05:00) Eastern Time (US & Canada)), 'Birthday (YYYY/MM/DD)' (1968/04/_8), 'Gender' (Male, Female, Prefer not to say), 'Height' (6 ft, 0 in), 'Weight (lbs.)' (170), and 'Units' (Imperial / US, Metric System). Below these fields, a purple arrow points to the 'Email Settings' section. This section has two sub-sections: 'WORKOUT DELIVERY' and 'COMMUNICATION'. Under 'WORKOUT DELIVERY', there are three toggles: 'Email my daily workout' (checked), 'Email my missed workouts' (checked), and 'Email my upcoming week (sent on Sundays)' (unchecked). Under 'COMMUNICATION', there are two toggles: 'Email me when my coach comments on a workout' (unchecked) and 'Email me when my coach messages me' (unchecked). At the bottom of the form is a blue 'Update Profile' button.

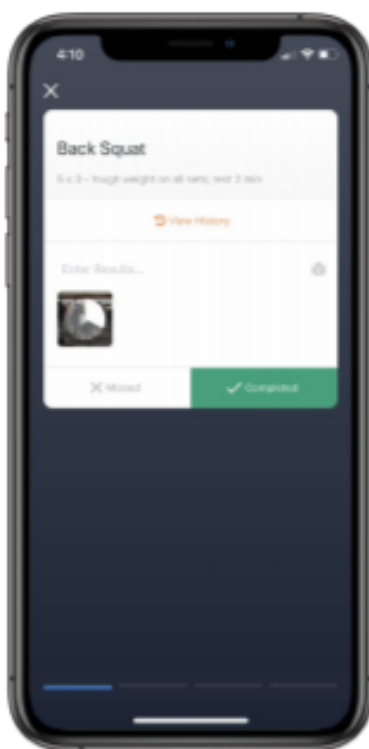
How to use TrueCoach

We encourage you to upload one video for 1–2 exercises of your workout for that day that you want help, feedback, and coaching on. Please keep it to your last set, and trim the video for us (if you can).

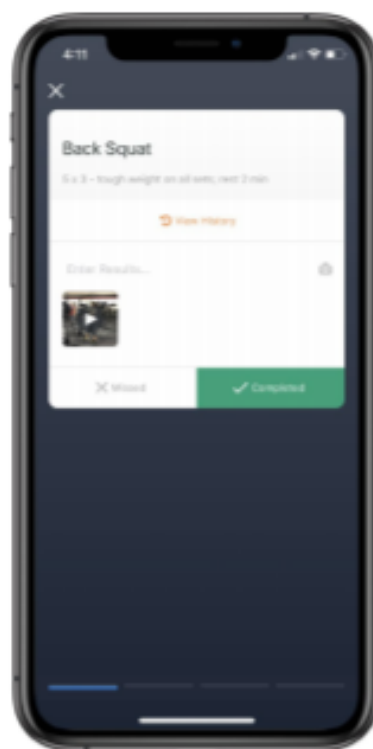
Please note — you do NOT need to submit videos. This is totally optional.



1. Click “Begin”/”Update” in the top right corner. Swipe over to the specific exercise of where you want to upload the video. Then click the gray camera icon.



2. From there, select the video to upload.



3. Once it is complete, it will show in the workout.



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TrueCoach Note:

One of the drawbacks of TrueCoach is the binary nature of “completing” and “missing” a workout and how these are labeled as Green and Red. While we are conditioned to believe that Green = Good and Red = Bad, that’s simply not the case... especially inside The Den.

If you are able to complete every single workout inside TrueCoach, GREAT. If you miss workouts and see lots of Red, also GREAT. This doesn’t make you a bad person. It means you are Human. It’s a practice to train yourself out of this binary way of thinking when you see the Green/Red.

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Here for you

Sharing & Consent

The Coaching-Client space is a sacred one. We honor your privacy and do not share anything without your consent. What you share inside TrueCoach stays inside TrueCoach (kinda like fight club, but for the Den). Nobody but YOU and your Coach sees inside your profile.

We also love celebrating wins and pumping our members up online, and will always ASK for your consent to share something that you have accomplished or put inside TrueCoach. We would love for you to tag us on social media (@allisontenney and/or @mallorygallory) so that we can re-share and brag about how amazing you are!

Questions about your training?

We are here to support you and your strength journey. If you have questions or need a modification, feel free to DM through the App or send an email. Please allow up to 48 hours for a response.

Re-Enrolling for The Den

You are automatically enrolled for the first training phase of the Den (Months 1 - 3) and will be automatically billed each month.

After the first three months, your billing switches to month-to-month so you do not need to worry about re-enrolling for each phase.

Each phase builds upon the last so you are never repeating the same training cycle.

Updating billing & credit card info

You have access to your billing information and can login to your account on www.allisontenneyfitness.com

You will use your email & password you created when you first enrolled in The Den to login.

1. Click on "My Programs" up at the top navigation bar
2. Click on "Update Payment Method" under Action.

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HEALTH AND FITNESS COACH

HOME ONLINE PERSONAL TRAINING DONE-FOR-YOU PROGRAMS PODCAST ABOUT MY PROGRAMS CONTACT

MY ACCOUNT

SUBSCRIPTIONS

Subscription	Status	Renewal Date	Initial Amount	Times Billed	Actions
DIY Den @ the Gym \$79.00 / Monthly	Active	September 11, 2022	\$79.00	1 / Until cancelled	View Invoice Update Payment Method

This is also where you can see your purchase history, access invoices, and update your personal information.

Cancelling your Den Membership

You are automatically enrolled for the first training phase of the Den (Months 1 - 3) and will be automatically billed each month.

After the first three months, your billing switches to month-to-month and you can cancel at any time by logging in to your account on www.allisontenneyfitness.com > My Programs > My Account > Subscriptions > (Actions) > Cancel.

SUBSCRIPTIONS

Subscription	Status	Renewal Date	Initial Amount	Times Billed	Actions
DIY Den @ the Gym \$79.00 / Monthly	Active	September 11, 2022	\$79.00	1 / Until cancelled	View Invoice Update Payment Method Cancel



The Den Experience



The only difference between The Den & The DIY Den is the level of coaching and support you receive.

Mallory and I love seeing your lifts, hearing your feedback, and supporting you through your workouts (and anything that might pop up around those things). We enjoy providing the type of care that can keep you consistent and moving towards your goals.

AND...

Sometimes you no longer need that level of support. You can switch back and forth from The Den to DIY Den seamlessly as your needs change.

NOTHING about your program changes... We simply become hands off in your workout experience.

Your monthly bill goes from \$139/month to \$79/month.

Anti Racism Statement and Policy

We affirm that racial equity and justice — an understanding and acknowledgment of historical and ongoing racial inequities and a commitment to actions challenging those inequities — are core to Allison Tenney Fitness vision of a just society where we aim to elevate the fitness profession and make it more inclusive for everybody and every body.

We recognize that barriers to services exist for members of diverse communities, particularly for equity-seeking groups, and we are committed to acting as a positive force in eliminating these barriers. Racism is best understood when acknowledging the context of power, oppression and privilege.

To achieve this, Allison Tenney Fitness, LLC will:

- ensure that diverse communities have equitable access to coaching, programming, and
- be non-discriminatory and promote the goals of anti-racism, access and equity; and
- take reasonable steps to ensure our event, speakers, programs, and decision-making reflect the community it serves.

We also recognize the benefits many gain from white privilege. We commit to pushing people who happen to be white to take critical responsibility for and participate in dismantling this oppressive structure.

As an organization that is committed to proactive LGBTQIA inclusive messages and actions, we recognize the similar need for us to make our commitment to racial equity and justice clear and explicit.

We commit to embed a racial equity and justice lens into Allison Tenney Fitness, LLC, communications, coaching and program content. We recognize that our commitment to inclusion, equity, and justice requires ongoing reflection, action, and adaptation. As I encounter new perspectives and gain new insights, I expect that this “living” statement will evolve accordingly.