



## Online Training Frequently Asked Questions:

- 1) What Equipment do I need to start training online?
  - a. None. You can train with bodyweight-only exercises if you do not have access to equipment
- 2) What kind of exercise will we be doing?
  - a. That depends on your preference, your knowledge, the equipment you have access to, and your goals. It will be different for everyone.
- 3) What kinds of people do you coach?
  - a. I coach anyone looking to improve their fitness in any way. This ranges from someone who may want to improve their mobility or strength for daily tasks or someone who wants to level up as an athlete at the highest level
- 4) What do I get if I purchase an online training membership?
  - a. An exercise plan customized to your goals, experience, and equipment availability
  - b. Regular Q&A with Coach Lohr via messaging and check-ins
  - c. Advice on how to make the most of your nutritional intake
- 5) When can I expect results?
  - a. Results take time. Most people start to see results by week 6-8 and continue to see them over time. Coach Lohr will help with continual re-evaluation of your goals so that you continue to see progress over time
- 6) Why should I choose Horizons Edge for my coaching?
  - a. Coach Lohr's background as both a performance specialist and an Athletic Trainer means he is uniquely suited to provide instruction to a wide range of people, with knowledge and experience in strength and conditioning at the highest levels of athletics in addition to experience working in physical therapy settings, designing rehab programs. Whatever goals you want to pursue, Coach Lohr will work to ensure you get a program uniquely suited to you!
- 7) How do I get started?
  - a. Go to [www.Horizonsedgeva.com/sp/](http://www.Horizonsedgeva.com/sp/)
  - b. Click "Register today" under the Online Training tab