



Now that you have signed up for MTN RDY, we are in the process of getting your FitBot account set up. We will email you a link and your login info for the app once within the next 24 hours and your program will start the Monday following the day you signed up. In the meantime review this welcome letter provided by your coach.

Hi and welcome to MTN RDY!

I'm Scott Willis and I will be the coach you check in with. I hope you are as fired up as I am to get things started. Below you will find questions to answer each week that will allow me to give you the best guidance and help you to be successful. If you need something feel free to reach out to me through Facebook. Rather than approaching this as solely a training log, let me know how the week went and how I can help with your next week.

Check In's

Take the most advantage of this program by checking in with your coach on a weekly basis. Below you will find a list of questions I'd like you to answer about your previous week of training. Also throw out any questions that come up. Either I will answer these questions directly or by one of the other MTN RDY coaches as appropriate. These check-ins are not so much a training log. It's a chance to give me a breakdown of your week and how I can help your training to be as beneficial as possible.

CHECK IN'S MUST BE SUBMITTED TO YOUR COACH BY 5 PM EVERY EVERY WEDNESDAY

SUBMIT TO : scottmwillis@gmail.com

Here are the questions to answer. Try to be as honest as possible so we can make corrections for next week.

- 1.What went well in training this week? (Any personal records? Were you consistent? Time management? Anything at all in life outside of the gym that went awesome?)
- 2.What could have gone better? (Missed sessions? Didn't perform up to expectations? Stress outside of training?)
- 3.How confident are you in your progress this week?
- 4.How many hours of sleep per night did you average this week?
- 5.Did you perform any recovery work this week? If so, what type?
- 6.What goal can I help you set for this coming week to improve?

Last thing on check-ins, it is your responsibility to check-in with me. We don't have software capable of alerting me when you don't check-in.

Facebook Group + Other Coaches

1



Ok, so the first thing you should do is request access into the Facebook group. You can click [here](#) to join if you haven't already.

2



Next, at the top of the group there is a pinned post by owner of MTN RdY, Sean Crotty, that explains exactly how to use the group. It is very important to read those rules if you want to get feedback on your videos and advice from coaches.

3



Click this [link](#) to request access to the MTN RDY Community Facebook page. Here you will be able to interact with every one of our MTN RDY members from all of our different programs. This page is to share your successes, hear from the entire MTN RDY coaching staff when we host Livecasts, and get to know the entire MTN RDY community.

I highly encourage you to be active in the groups. Not only does it keep you accountable, but it encourages everyone else in the community as well. So introduce yourself on day 1 and make tons of new friends from all across the world. This will allow you to meet the rest of the MTN RDY community, interact with members, share your successes, and access Livecasts from the MTN RDY coaching staff. I highly recommend staying active in the groups. It helps keep you and everyone else accountable and is a great way to stay motivated.

(Once we Email you your FitBot link and login information you can start your training, this is the information you need to start)

Programming

If you haven't already, you are about to start testing. As you probably already know, we will put you into a training group based on your testing results. Also, check out the video in your FitBot Dashboard called "MTN RDY + FitBot Intro" to see what lies ahead in your immediate future, as well as the complete philosophy behind MTN RDY programming.

A couple things that we will NOT do for your program: This program is not completely individualized; we will not change the program based on your schedule or around injuries. With that said, I am here to help you adapt this program to YOUR LIFESTYLE. So if we need to take some stuff away, add some rehab movements, etc. then we can do that via check-ins, as well as by connecting you to our various experts. I know there is a ton of new stuff to take in, and I'm sure you'll have questions. Please don't hesitate to reach out and ask! I'll be here for you every step of the way.

-Scott