

MODULE 1

Setting Expectations Worksheet

Instructions:

Watch the related video to this worksheet then either print this sheet or open a new doc of your own and complete the worksheet before moving on. DO THESE! They are the foundation of your work through here and will help you reinforce the work you're doing.

Part 1

Our Expectations For You

We have high expectations for you and what you can accomplish while you're here. We also believe the by you joining us we're going to work together. So let's get off on the right foot.

1 Be here to learn

If you're just here to say you've taken the course then you're in the wrong place. We're passionate about you learning the rowing machine and becoming an advocate for good movement. Join in and get excited!

2 Invest your time & energy

It takes time to learn new concepts and movements. We've never seen someone get on the rowing machine and do it right without having been educated in some way. Put your time and energy into this course so you can get the necessary volume of practice in that will allow you to internalize what you're going to see.

3 Commit

If you know up front that you're going to give this your all you'll rocket through and come out the other side a rock star. Getting into it with one foot in one foot out will leave you languishing in no mans land and no one wants to be there. Don't get started until you're full ready to go. Commitment will earn you the fast pass to this course.

4 Use it all!

Watch every video, download every PDF & checklist, and do them all. Each has a purpose and it's to get you thinking, playing, practicing, and USING what you're learning. Have fun with it and go crazy!

5 Practice

First and foremost. We can't emphasize enough how the people who practice what we're working on are the ones who learn the fastest and see the greatest outcomes in their coaching. There's a famous test we've run with athletes who use our program. It's only two days a week of workouts, but the ones who do both workouts each week for 8 weeks are the ones who see outrageous results and improvements in their scores in movement. The athletes who only do one workout a week see EXTREMELY minimal improvement in their technique and scores. The proof is in the pudding of practice.

CHECK HERE TO AGREE

When you're ready to commit to us, we're ready to commit to you. Check this box and let's get ready to go.

Part 2

What are Your Expectations of Us?

We're giving you some space here to write it out. Get it out of your head and heart and on to paper. Put them on to paper as a way of engaging with the process. What are all the things you expect of us as the coaches and guides for this course?

Once you're done with this sheet. Print it, save it, put it somewhere visible. By constantly being able to see this sheet it will remind you of what you want to accomplish and help us all get there quickly and effectively.