

Individual. Intelligent. Intent. Integrity.

That's what we're about.

NEXT LEVEL
STRENGTH
&
CONDITIONING

Individual:

You. Your health. Your goals.

This word is not meant to imply you are ever on your own with B32. We have a strong support network of people just like you, and a strong network of health & fitness professionals, every one of them striving for the same things- better health, better performance, better life.

What it does signify is our focus on *you*- as an individual.

People often come in for the first time thinking what they're going to get is a cookie cut, one size fits all, group class. Thing is, the best program you can have is one that's written for you, and you alone. Sometimes, just scaling loads in a single daily workout is not sufficient. At B32, our focus is on intelligent progression, not just scaling.

At B32, we'll never throw you into something that our coaches don't believe you're ready for. There's no mistaking we'll challenge you- mentally, physically, emotionally... But only ever in ways intended to develop your long term health, wellbeing and performance. To develop *you*.

At B32, we program, tailor & prescribe sessions with careful consideration of each person's needs as much as we possibly can. That's one reason our programming is different- it's tailored to focus on what *you* need to do to develop & move forward to achieve *your* goals.

We recognize every single person is different. For those looking for deeper, individual direction, we personally give you *your* detailed picture, and the knowledge and tools specific to your development.

Intelligent:

Purposeful program design.

At B32, there's careful thought and strategy that goes into prescribing the sessions we give folks. There's purpose behind the programming you see on our blog and in our sessions. Each session is part of a bigger picture aimed at safe, effective progression and longstanding development of our members. Each session is programmed and executed with intent and intelligence.

Intent:

In coaching. In programming. In approach & attitude. A mindset. An ethos.

Intent is a mindset. An approach to everything you do. Just as our B32 coaches are committed to your development, we expect your commitment to your own goals. We expect that you approach each movement, each lift, each session, week and month with focused intent toward achieving your success. Sounds serious?! This is not to say we don't have fun- we do. It's about understanding why you're doing what you're doing and what you're shooting for.

Integrity:

Embedded. In movements. In approach. In the community.

At B32, we strive for the highest standards- in movement, attitude & community involvement. We'll teach you about integrity of movement and integrity in training: there are no shortcuts- just purpose, understanding and focused effort to create lasting change.

We strive to be active in the fitness community, linking you with other health professionals aligned with our ethos, and with other athletes in the community with the same mindset toward health & fitness.

We aim to give back to the community by becoming a centre of excellence and leadership- providing education & knowledge to those striving for better.