

MEMBER SPOTLIGHT

Spring Lake Fitness Lab



November, 2024

Spring Lake Fitness Lab in Spring Lake has combined fitness with technology to deliver the most efficient and effective workout plan. Experience personalized sessions that deliver a full-body workout in just 20 minutes.

Spring Lake Fitness Lab provides personalized and science-based strength training sessions that deliver a full-body workout in just 20 minutes. Suitable for all fitness levels, the cutting-edge technology, incorporates robotic control with state-of-the-art machines to elevate resistance training. It is a guided, trainer-driven workout, a great alternative to conventional equipment, free weights, and related injuries.

With an industry leading max force of over 2500 lbs. of precision resistance measured using the TruForce™ system, the machine provides exact levels of mechanical tension in three phases of a muscular contraction: concentric (lifting), eccentric (lowering), and isometric (holding). Using this technology, users will safely and efficiently achieve maximum results, building lean muscle mass and pushing to new limits.



As each individual progresses, the advanced technology keeps pace with an individualized work rate and provides biofeedback, delivering detailed progress tracking and real-time insights on performance.

SL Fitness Lab has two certified trainers and nutritional consultants: Alex Nelson and Casey Lownds. The certifications include:

- *NASM Certified Nutrition Coach
- *NASM Certified Personal Trainer
- *NASM Certified Performance Enhancement Specialist
- *NASM Certified Nutrition Coach
- *High Intensity Training Specialist
- *CPR/First Aid/AED

Fit Lab members also have access to included nutritional counseling and meal replacement, protein powders, and supplement options to enhance overall results. Nutrition consulting focuses on ensuring each person is getting enough protein and drinking enough water to incorporate strength training into workouts. Take advantage of tips and nutrition guides that inform and guide weight goals and overall goals on the health and wellness journey!

Schedule your first FREE session and experience a better workout! All you need is just 20 minutes per session. Customized plans available based on 1, 2 or 3 X weekly sessions. Based on personal needs, the trainers will create a customized 3, 6, or 12-month plan aligned with each person's goals.

Find out more: at springlakefitlab.com or call 616.414.5881