

BEFORE YOU START



HEAVY METAL ATHLETIC does not support Cardio training as a primary form of workout. We rely on strenght training of any kind. This includes Olympic powerlifting (Snatch; Clean & Jerk) as well as Squats, Bench Press, Deadlifts including the full set of related exercises. Hardcore professional and amateur Bodybuilding is part of our day as well as Bodybuilding and Fitness for the average "John Power Doe" (and of course "Jane Power Doe") plus Muscle Training Rehabilitation. Cardio space will be no more than 15% of the training area in new gyms.

Classic gyms are organized in five equipment levels (Iron, Bronze, Silver, Gold, Platinum) and five service levels (Basic, Regular, V.I.P., Royal, Diamond). Classic gyms do not offer 24/7/365 access. Such gyms open at least five hours and 23h at most per day.

Next Generation Gyms (NGG) are organized in FERRUM, ARGENTUM and AURUM gyms. See the MENU area for more information. The gyms always open 24/7/365. Next Generation Gyms are the regular MMX^{PLUS} standard.

Tanning is not available. 🚫 No more tanning beds in the gyms after 2011.

WB-EMS ⚡ is limited to DIAMOND and AURUM gyms only. Partial EMS (application of sticky pads) can be available in ROYAL gyms. Healthy persons aged 21 to 55 years can use WB-EMS (Whole Body Electro Myo Stimulation) after having consulted a medical doctor!

Unsupervised use of a gym —albeit recommended for everybody— requires a regular minimum age of **21 years**. There is no upper age limit. Mandatory gradual supervision applies for minors and persons under 21. Consult a medical doctor before you start if you have never exercised before or performed an extended break.

The share includes access to one (1) gym (the Home Gym) on a monthly base any time a member wants. The BASE FEE (please refer to the first entry in the MENU section) is the regular amount a regular member pays with regular service and regular access. The individual share can be lower or higher depending on options included or excluded. Consult a medical doctor if you start for the first time or after a long break or if you are 55 or older. No smoking indoors and outdoors. No alcoholic drinks. Zero drugs. NOTE: The term "Home Gym" describes the selected gym to be used with the normal plain regular unaltered contract.

HEAVY METAL ATHLETIC offers an ultra wide variety of options. Not every option is available in every gym. Over 8000 gyms can be visited and used for free 12/24 thru 1/1 each year. Become a member and make yourself stronger, leaner, and more powerful. If you work out three times a week you'll be able to train in a different gym each time for approx. 65 years and don't see the same gym twice in that time frame.