

A black and white photograph of a woman in a home gym setting, performing a yoga pose (Cobra or Bhujangasana). She is on a mat, with one hand on the floor and the other reaching up to hold her foot. The word "PRIME" is overlaid in a large, stylized, pink and blue font. The background features a wooden wall, potted plants, and gym equipment like a kettlebell and a ball.

# PRIME

LIVE IN YOURS

QUALITY PERSONAL TRAINING  
WHENEVER WHEREVER



The background image shows a man and a woman in a gym, performing a shoulder press exercise with a barbell. The man is on the right, wearing a black t-shirt and black shorts, and the woman is on the left, wearing a black t-shirt and black shorts. They are both looking down at the barbell. The gym has a wooden floor and a large window in the background. The word "PRIME" is written in a stylized, pink and blue font in the top left corner.

# PRIME.

## We are THE PRIME BROTHERS, Sam & Joe Tomlinson

We share an extreme passion for sport, fitness, and living a healthy and full lifestyle.

PRIME exists to help all our clients, wherever they are on their fitness and lifestyle journey, to recognise and unlock their full health and fitness potential and live in their PRIME everyday.

We are a fitness training facility that understands everyone's goals are different and believe there are no goals too big or too small if you have the right determination and mindset.

PRIME is an attitude.

You can be in YOUR PRIME at whatever time of life and wherever you are.

Our team of qualified personal trainers specialise in Fat Loss, Toning, Lean Muscle Gain Functional Training, Strength & Conditioning and Dietary Nutrition and whether you are in our gym or training with us virtually at home we never give less than 100%.



# PRIME.

## TRAINERS



JOE / OWNER

"As a professional athlete in the GB Freestyle Ski Team I've learnt that to achieve your PRIME in anything you have to work hard. I bring this work ethic with me every day to show my clients the dedication, enthusiasm and motivation they need to reach their goals."



SAM / OWNER

"My competitive background in skiing and gymnastics has given me the experience and in-depth knowledge needed to help my clients with Strength & Conditioning as well as High Intensity and Functional Training. Although challenging, I make the workouts as fun and interesting as possible so clients enjoy each workout on the way to their fitness goals."



SARAH / PT

"I believe being strong wins over skinny every time. I challenge my clients in their workouts to help change their body and reach new fitness levels and will push you to go above and beyond in each and every session to get to the next level. With the added bonus of being a fully qualified sports massage therapist I can help restore you to your PRIME."



ANNIE / PT

"I'm a full time foodie and part time fitness freak with a huge passion for weight training. I help my clients to build strength and definition and find a balance between hard work and reward. I pride myself on delivering results that will have you adapting a healthier lifestyle in the long run. No fads, just hard work and determination."



A person is shown from the chest up, lifting a dumbbell with their right arm. The image is overlaid with a semi-transparent purple and blue gradient. The text is written in a white, handwritten-style font.

# IT'S A PT (PERSONAL THING)

ONLINE AND OFFLINE MEMBERSHIPS  
TO SUIT YOUR NEEDS



# PRIME

## MEMBERSHIPS 2020

available from 25.07.20

### VIRTUAL PASS

**£40 for 4 weeks**

- Unlimited access to all Facebook private group & live workouts
- New classes added every day
- Standard diet and nutrition plan
- Access to Virtual Members Web Page including exercise library, additional nutrition information and personal progress tracker



- Fully flexible. Watch live or catch up.
- Save your favourite workouts and repeat anytime
- Low monthly cost
- Work out from home with limited equipment or the recommended at home adaptations

### GYM PASS

**£70 for 4 weeks**

- Everything included in virtual pass
- Access to physical indoor gym classes (pre booking required)
- Calorie and nutrition plan with new recipes every month
- Weekly check-ins & 1-2-1 chats to monitor progress
- Access to Gym Members Web Page including exercise library, additional nutrition information and personal progress tracker



- Want to mix gym and home workouts
- Want more 1-2-1 focus from your trainer
- Want access to more equipment and weights
- Would benefit from new monthly recipes and nutrition information to keep their diet on track

### SMALL GROUP PT

**£130 for 4 weeks**

- Everything included in virtual pass
- 8 x 45min small group virtual PT's (2 per week)
- Bespoke calorie and nutrition plan
- Unique training plan to suit personal level & goals
- Weekly check-ins & video chats to monitor progress
- 1 week playback access to all Zoom classes
- Access to PT Members Web Page including exercise library, additional nutrition information and personal progress tracker



- Want longer workouts
- Want more 1-2-1 focus from your trainer
- Have specific goals to work towards
- Want to workout from home but would benefit from having a LIVE trainer who can give immediate motivation, correction and feedback
- Can work with recommended equipment or adapted kit list from home
- Want to be able to access full directory of PRIME workouts remotely



# PRIME.

## PERSONAL TRAINING

1-2-1 & PARTNER

### PERSONAL TRAINING (1-2-1)

**£300 for 10 x 45min sessions**

- Bespoke service for those wanting to train on a 1-2-1 basis
- Training and Nutrition plans tailored to your specific goals
- Available virtually and in person
- Access your own private progress tracker on your PT members page, including exclusive nutrition and exercise content
- Check in as little or as often as you want so we can keep you on track
- No workout the same
- Break through plateaus and learn new techniques to keep you motivated
- Our most challenging workouts for your personal level
- Reach your goals in the quickest time possible
- Learn correct form and avoid injury
- Establish lifelong exercise and nutrition habits to support a lifestyle change to live in your PRIME forever.

### PERSONAL TRAINING (2 PEOPLE)

**£350 for 10 x 45min sessions**

- Train together with a friend and share the cost.
- Includes everything you get in a 1-2-1 service

PRICES APPLICABLE FOR PT WITH JOE OR SAM

For quotes for Sarah or Annie please contact us directly



- Struggle with motivation
- Don't know where to start or how to get to the next level
- Want to feel challenged and accountable for own goals
- Want more 1-2-1 focus from your trainer
- Have specific goals to work towards
- Would benefit from having a LIVE trainer who can give immediate motivation, correction and feedback
- Want the choice to have in person and virtual classes
- Can work with recommended equipment or adapted kit list from home
- Want to be able to access full directory of PRIME workouts remotely
- Would benefit from varied nutrition plan and regular updated recipes.





NEVER MISS A CLASS











WATCH LIVE. BOOK PHYSICAL CLASSES  
OR WATCH BACK ANY TIME,  
WE FIT IN WITH YOUR SCHEDULE





# GROUP CLASS TIMETABLE 2020

from w/c 02.11.20

| MON  | TUE   | WED  | THU  | FRI  | SAT | SUN |
|--|---|--|--|--|-----|-----|
| <div><br/><b>6:30AM - 7:15AM</b><br/>RISE<br/>&amp;<br/>LIFT</div> <div><br/><b>5:30PM - 18:20PM</b><br/>TIME<br/>TO<br/>LIFT</div> <div><b>18:25PM - 19:15PM</b><br/>TIME<br/>TO<br/>LIFT</div> | <div><br/><b>6:30AM - 7:15AM</b><br/>SWEAT<br/>&amp;<br/>CORE 🔥</div> <div><br/><b>5:30PM - 18:20PM</b><br/>TIME<br/>TO<br/>LIFT</div> <div><b>18:25PM - 19:15PM</b><br/>TIME<br/>TO<br/>LIFT</div> | <div><br/><b>6:30AM - 7:15AM</b><br/>PRIME<br/>FIT</div> <div><br/><b>5:30PM - 18:20PM</b><br/>PRIME<br/>FIT</div> <div><b>18:25PM - 19:15PM</b><br/>PRIME<br/>FIT</div> | <div><br/><b>6:30AM - 7:15AM</b><br/>RISE<br/>&amp;<br/>LIFT</div> <div><br/><b>5:30PM - 18:20PM</b><br/>SWEAT<br/>&amp;<br/>CORE 🔥</div> <div><b>18:25PM - 19:15PM</b><br/>SWEAT<br/>&amp;<br/>CORE 🔥</div> | <div><br/><b>6:30AM - 7:15AM</b><br/>RISE<br/>&amp;<br/>LIFT</div> <div><br/><b>8:45AM - 9:35AM</b><br/>PRIME<br/>FIT</div> <div><b>9:40AM - 10:30AM</b><br/>PRIME<br/>FIT</div> |     |     |

## MEMBERSHIP KEY



STREAMED LIVE



VIRTUAL & GYM



GYM ONLY



# THE CLASSES

## RISE & LIFT

what's involved?

06:30 am start. Get up and get it done

All about the weights

Mix of upper, lower & full body exercises through the week

Varying weights work to your own ability

We mix it up! No class the same

*PRIME.*

## SWEAT & LORE

what's involved?

Sweat! and a lot of it!

High intensity training to get that heartbeat pumping  
and that fat burning

focus on core strength to get those abs popping

Exercise adaptations to work at your own level

Go hard or go home!

*PRIME.*

## PRIME FIT

what's involved?

Strength & conditioning workout

It's all about high intensity functional training using  
movements that you perform every day

a good serving of team spirit

Exercise adaptations to work at your own level

No one left behind!

*PRIME.*

## TIME TO LIFT

what's involved?

End of the day. Work those frustrations out

All about the weights

Mix of upper, lower & full body exercises through the week

Varying weights work to your own ability

Time to push yourself & get those reps in!

*PRIME.*





# KIT LIST

ALL YOU NEED TO GET STARTED AT HOME



# PRIME

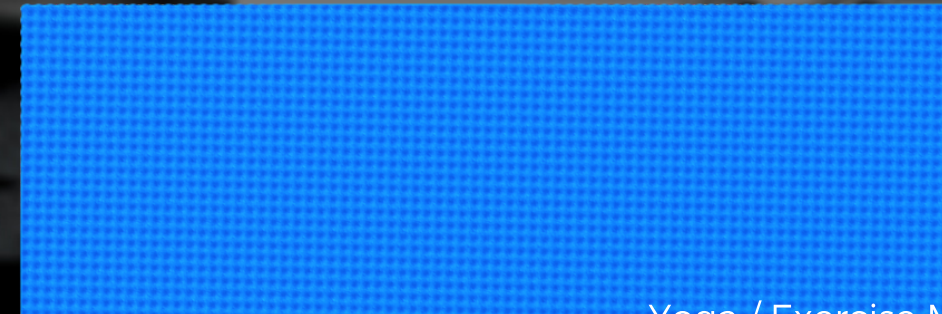
## HOME WORKOUT

ESSENTIAL KIT LIST  
(1 from each category)

MAT



Flat non slip surface / rug / carpet



Yoga / Exercise Mat

BAND



Tights



Exercise Loops

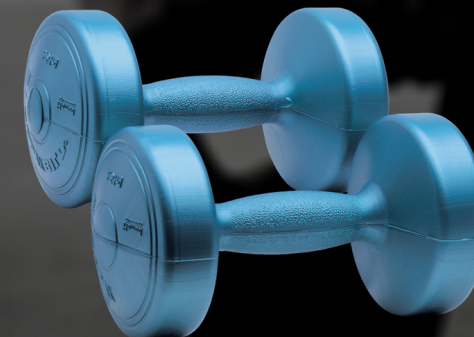


Fabric / Non Slip Resistance Band

WEIGHT



Water Bottles & Tins



Dumbbells



Kettlebell

LEGE



Sofa or Chair



Stool or Bench



Aerobic Step



A person's hands are shown holding a white square bowl filled with a salad of shredded lettuce, cherry tomatoes, and cheese. The person is wearing a light-colored long-sleeved shirt with dark stripes on the cuffs. The background is a kitchen counter with various items like a water bottle, a cutting board, and a bowl of fruit, all slightly out of focus. The entire image has a semi-transparent blue overlay.

# MORE THAN EXERCISE

THE TOOLS TO TRANSFORM YOUR  
LIFESTYLE FOR LONGTERM RESULTS



# PRIME.

## NUTRITION

Our bespoke nutrition plans have a 'no bull' approach to dieting. No fads, crash dieting or unhealthy eating. It's time to eat well for your body while losing body fat and getting in the best and fittest shape of your life.



### SPICY MOROCCAN EGGS

SERVES: 4

TOTAL TIME: 20 MINUTES

#### INGREDIENTS

2 teaspoons **olive oil**  
1 **white onion**, thinly sliced  
3 **garlic cloves**, crushed  
1 tablespoon **rose harissa paste**  
1 teaspoon **ground coriander**  
150 millilitres **vegetable stock**  
1 400 gram tin **chickpeas**  
2 400 gram tins **chopped tomatoes**  
2 **courgettes**, diced  
200 grams **baby spinach**  
A large handful **coriander**, chopped  
4 **eggs**

#### INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Once hot, sauté the onion and garlic for 5 minutes, or until the onion has softened and the garlic smells fragrant. Stir in the harissa paste and ground coriander. Let the spices roast in the pan for a few moments before adding the vegetable stock and chickpeas, including their liquid. Cover the pan and leave to simmer for 10 minutes, by which point it should smell incredible.

Add the tinned tomatoes and courgettes to the pan and cook over a low heat for a further 10 minutes. Once the tomatoes have broken down and the courgettes are tender fold in the baby spinach and fresh coriander and let the sauce gently bubble until it is rich and delicious.

Using the back of a spoon, make 4 hollows in the sauce. Crack the eggs into the hollows, put a lid on the pan and let the eggs poach in the sauce. Once the yolk has turned golden yellow and the white has set, remove from the heat and serve immediately.

Harissa is a North African and Middle Eastern condiment, most commonly found in Tunisia and Morocco, that is made from garlic, cumin, caraway, pounded chilli peppers, salt and a dash of olive oil.

#### MACROS PER PORTION

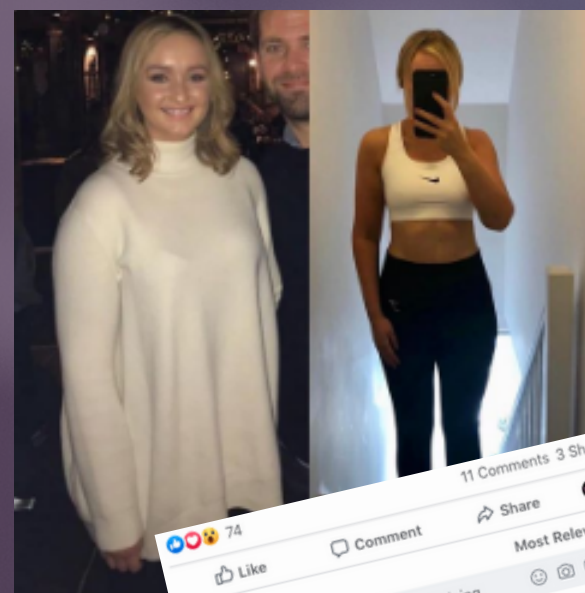
|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 242 | PROTEIN | 16 |
| CARBS    | 22  | FATS    | 10 |
| FIBRE    | 8   |         |    |



# PRIME

SUPPORT

The TEAM PRIME community is a big part of what we are about. We support each other, celebrate the successes of all and share advice and motivation to keep each other on track in a private Facebook group for all members. After all we're all committed to being in our PRIME and living our best life!





# PRIME.

## REVIEWS

5.0

5 out of 5 ⓘ

Been training with prime for 4 weeks now & really enjoying it! The classes are brilliant, Sam & Joe keep you really motivated 👍😊

Fantastic trainers. Full of knowledge, encouragement, nutrition advice & motivation.. I'm 'loving it' and at 4kg down its with the guys help I'm 'smashing it!'



4.7 ★★★★★

was well on track for my target weight for the wedding this June. Then lockdown hit, the wedding was postponed to next year and I decided to eat and drink whatever the hell I wanted again 😂 but what's been amazing is despite that, because I've kept up with the virtual 1:1 sessions and Prime classes each week I've managed to maintain my weight and also become so much stronger in the process. I'm lifting weights that are twice as heavy than I was 10

Absolutely love Prime. The trainers Sam, Joe and Sarah are brilliant. Group Classes are always varied with a mixture of cardio and strength work, and you are always pushed hard, whatever your level of fitness. Also love doing PT with Sam, this has really helped my fitness over the past year, and also have had advice on diet and nutrition with regular weigh ins to help keep me on track. Love it !

The best place I've ever trained, you'd be silly to not go!!

★★★★★ 5 months ago

The place to go for proper PT - Also offer remedial treatments (massage/gua sha) for those "day after legs" days...

I've loved the virtual sessions. Initially I got stuck in a rut in at the beginning of lockdown - now I've loved every min of Pt would recommend to all levels of fitness. Not only do I feel physically fitter but I feel my mental health has improved and feel really positive about the next stage of my weight loss/fitness journey!

I joined Prime PT 3 months ago as I needed a new challenge, Sam my personal trainer has certainly done that with great results too date. Fantastic set up and equipment with personalised training to suit your individual goals. Highly motivated, experienced and enthusiastic with help and advice on diet and nutrition. Couple of great guys that make training exciting, challenging and fun all at the same time, can't recommend highly enough, keep up the good work x.

Amazing well done. I've always said the same about the boys. Sessions never got boring and every single one was different and they are so knowledgeable and motivational xx



A woman is shown from the chest up, holding two dumbbells with both hands. She is smiling slightly and looking towards the camera. The image is overlaid with a gradient that transitions from a dark purple on the left to a bright blue on the right. The text 'FAQ's' is centered in the middle of the image in a white, stylized font.

# FAQ's

WHAT MOST PEOPLE WANT TO KNOW





## **I'M A COMPLETE BEGINNNER CAN I STILL JOIN IN?**

100% Yes! All of our classes and sessions can be adapted to suit your own personal level and ability. Our exercises work with added weights or using your own body weight to get the results you want.

## **I FEEL SELF CONSCIOUS ABOUT BEING BACK IN THE GYM**

Over 75% of our group classes are all streamed live so you can easily join it at home or watch back and complete at a time that suits you.

## **I WANT TO WORK OUT AT HOME BUT DON'T HAVE ANY GYM EQUIPMENT**

Not a problem! Check out our at home kit list in this pack for all the adaptations you can use from things you already have at home or can purchase easily and still get results.

## **I REALLY STRUGGLE STAYING MOTIVATED**

We would highly recommend that you start with a more focussed approach, either choosing a small group PT package or start with 1-2-1 PT sessions so you can start to see results and we can give you all the support and attention you need to keep on track.

## **IS IT SAFE TO BE BACK IN THE GYM?**

We are strictly adhering to all Government and Industry guidelines to ensure that everyone who enters the gym is in a safe controlled environment. Areas of the gym are currently segreagated so you can have your own personal space and equipment during workouts, including sanitisers and cleaning products. We operate a booking only system and don't allow walk ins, Class sizes are limited so we will never be overcrowded.

## **DOES THE NUTRITION PLAN CATER FOR ANY DIETARY REQUIREMENTS?**

All our recipes are nutritionally balanced and we offer gluten free, dairy free, nut free, vegetarian and vegan options, alongside lean meats and fish. For any clients on our GYM, SMALL GROUP or PT memeberships we can offer more tailored plans to suit your specific goals.





## **AM I STUCK IN A LONGTERM COMMITMENT?**

No not at all! All our group memberships plans are offered on a 28 day basis. Once the 28 days are complete then it's up to you to book another membership we will never just automatically take another payment. Our Personal Training plans are sold in slots of 10 at a time which can be used across a 3 month period.

## **HOW DO I BOOK?**

We use booking app GLOFOX, which is available for download for all IOS and Analogue devices. Once you have downloaded the app simply search PRIME PERSONAL TRAINING and sign up. You can then purchase memberships, book and cancel classes, receive updates and notifications and buy the latest PRIME merchandise.

## **WHERE DO I WATCH THE VIRTUAL CLASSES?**

We stream our classes live to our private Facebook group, where they are saved so you can go back and catch up on anyone of them any time. Out of the 25 group classes we have 17 of them are recorded for the group, including early mornings, lunch time HIITs and Sunday Yoga .

## **I DON'T HAVE FACEBOOK WHAT DO I DO?**

You can still train with us via our GYM PASS, SMALL GROUP PT or PERSONAL TRAINING programmes but at this moment you won't have additonal access to all the great community content and workouts that are in the Facebook group, but we're always looking at more ways to stay connected with our members.

## **CAN I TRY BEFORE I BUY?**

Normally we would welcome people into the gym to join in with a class for free before choosing their membership. At the moment this isn't possible but we are happy to share some virtual workouts for you to try at home and have a video chat and give you a virtual tour of the gym. Just give us a call or send a message. we are always happy to answer any questions.

## **NOT FOUND YOUR ANSWER HERE?**

Give us a call. We are happy to answer any questions and best advise you on what we think can help. Telephone 07593 962974 or email [info@teamprime-pt.com](mailto:info@teamprime-pt.com) or contact us through our social media @pt.prime



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The PRIME Brothers