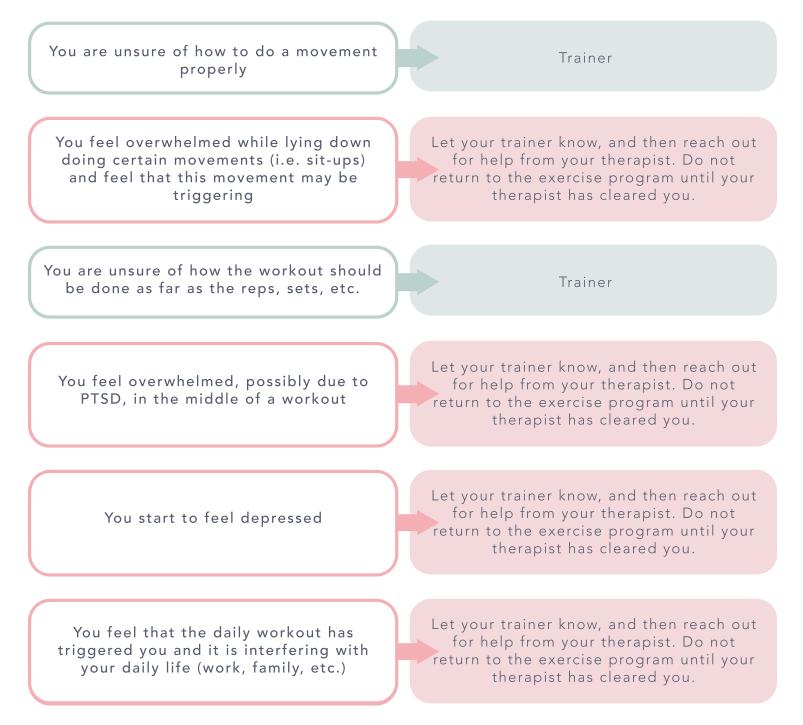


Reclaiming is a sensitive workout program designed specifically with survivors in mind. With that being said, there may still be times when concerns or emotions arise as you try new movements. The chart below will provide guidance on whether to reach out to a therapist or your trainer (Brittany) during these times.

## WHEN TO ASK A THERAPIST OR YOUR TRAINER?



One of more of the movements in the daily workout are hard for you (i.e. push-ups, burpees, power cleans)	Trainer. I will provide you with the appropriate modifications and plan that will help you gain strength and eventually be able to do the full movement.
You are worried about the volume of the workout and need to know how to scale a particular workout down to be able to complete it	Trainer
You have a past injury or have had a past surgery that you feel will interfere with certain movements	Trainer. I will provide you with a substitute you need for the movement
You feel like you've had a "break through" during a workout and are emotional	Trainer. I will celebrate alongside you. But, also contact your therapist to talk through this and to help you continue on the right path of healing.