



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?

You are unsure of how to do a movement properly

Trainer

You feel overwhelmed while lying down doing certain movements (i.e. sit-ups) and feel that this movement may be triggering

Let your trainer know, and then reach out for help from your therapist. Do not return to the exercise program until your therapist has cleared you.

You are unsure of how the workout should be done as far as the reps, sets, etc.

Trainer

You feel overwhelmed, possibly due to PTSD, in the middle of a workout

Let your trainer know, and then reach out for help from your therapist. Do not return to the exercise program until your therapist has cleared you.

You start to feel depressed

Let your trainer know, and then reach out for help from your therapist. Do not return to the exercise program until your therapist has cleared you.

You feel that the daily workout has triggered you and it is interfering with your daily life (work, family, etc.)

Let your trainer know, and then reach out for help from your therapist. Do not return to the exercise program until your therapist has cleared you.

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.