

**Once I have the app do I have access to all programs?** No, you will only be given access to the program that you purchased for the goals you want to achieve.

**Will my program be updated at the end of 8 weeks?** Once purchased you will always have access to the program, but they will not be updated past the 8 week mark unless you purchase the next 8 week phase.

**What if I don't like the program?** We don't offer refunds for the program once you've been granted access to the app. However, we are confident you'll absolutely love it! You're always welcome to modify exercises if you find that you need something either less challenging, or something more difficult.

**What if I can't do an exercise that's listed in my program?** In the Train Heroic app, you'll have the opportunity to switch or modify an exercise if you don't enjoy performing that particular exercise, or if you are unable to perform the prescribed exercise.

**Is there a program specifically for women?** These workout programs are programmed specifically with a performance or fitness goal in mind, not for any particular gender and/or gender expression.

**Which program should I do to gain muscle?** Theoretically, all programs will help aide in muscle hypertrophy. However, the Lean and Strong is geared more towards a gain in muscle mass and decrease in fat mass.

**Which program should I do to become faster and more athletic?** Dynamic Athletes is the way to go. You'll work on some Plyometrics, explosive movements, and functional movements to help you become a more well-rounded athlete.

**Which program should I do to become bigger and stronger?** Full force is best suited for those who want to get big and strong. You'll focus on big lifts to target the larger muscle groups.

**How do I know how I'm progressing?** The Train Heroic app tracks your progress so you always know how you're doing.

**How do I know when to increase my weight?** If you can lift the same weight, for the same number of reps for two workouts in a row, then you know it's time to go up in weight. Try 2.5-5lbs for upper body exercises, and 5-10lbs for lower body. For example, on Tuesday you did Back Squats at #135 for 10 repetitions. The following Tuesday you did Back Squats again at #135 for 10 repetitions. The next time you do Back Squats, it's time to go up in weight at 10 repetitions.

**I don't like having my phone on me while I'm exercising. What are my options?** Train Heroic gives you the option to print out your workout for each day if you prefer not to use your phone during your session. You can track your progress afterward, so it logs your performance.

