

# HOW TO BOOK A GAEELIC ATHLETIC PERFORMANCE TEST VIA OUR APP

## DOWNLOAD OUR MEMBER APP



- Search for "Glofox" in your app store
- Download the app, open it up and search for "Setanta Fitness"
- Existing Members log in requesting new password and New Members register

## HOW DO I SIGN UP FOR A GAEELIC ATHLETIC PERFORMANCE TEST?

- Click on the "Timetable" button and select "COURSES"
- This provides you with the different dates available for testing.
- Testing takes place over 3 days in one week: Monday 6pm, Thursday 6pm and Saturday 12pm. You need to attend all three days of testing.

## BOOKING COMPLETED

- After we receive your booking you will receive a booking confirmation e-mail.
- Please check your junk box if you don't see this e-mail appearing in your inbox within 3 days of your purchase.
- Please turn up 10 mins prior to your testing time

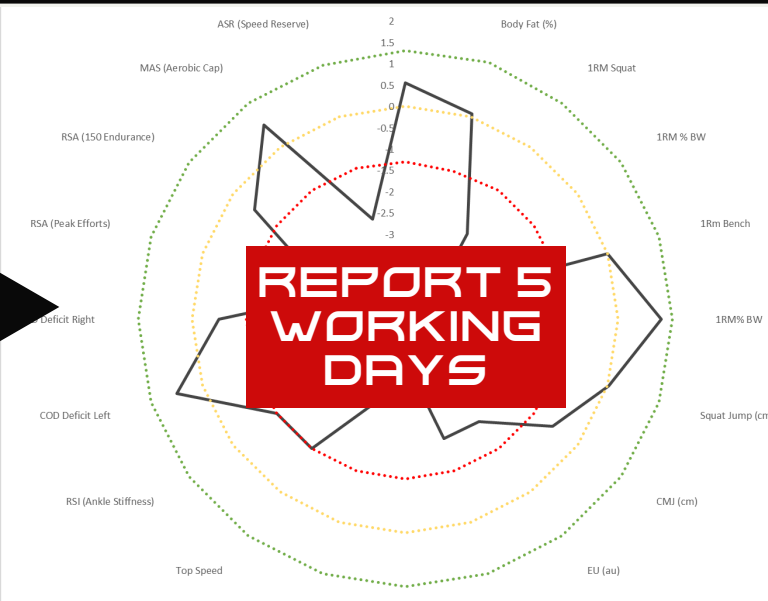


## WHAT NEXT?

- Select the appropriate course dates that you would like to sign up for
- Purchase the course via the app (£150)
- Course fees are paid in full to secure the spot as places are limited to 5 per week
- Small group discount is available - contact tom@setantafitness.com before booking the course

## TEST WEEK

TEST DAY 1 MON 6PM	TEST DAY 2 THURS 6PM	TEST DAY 3 SAT 12PM
BODY COMPOSITION	POWER	AEROBIC CAPACITY
SPEED PROFILE	REACTIVE STRENGTH	
CHANGE OF DIRECTION	MAX STRENGTH	
REPEAT SPRINTABILITY		



## OPTIONAL 3 MONTH PROGRAMME

PHYSICAL QUALITY	SETANTA TEST	TRAINING FOCUS
BODY COMPOSITION	STATURE MASS & BF%	SPECIFIC PROG NUTRITION SUPP
MAX STRENGTH	SQUAT / BENCH / 1MTP / % BW	>80% COMPOUND RESISTANCE
POWER	SQUAT JUMP VRS CMJ [EU]	JUMPS, DLY LIFTS, SLEDS
REACTIVE STRENGTH	10.5 RJT	PLYOMETRICS SKIPPING
ACCELERATION	10M SPRINT	MAX STRENGTH RESISTED ACCEL

- There is a non-obligation optional extra to purchase a 3-month training programme based on your test results. This costs £100
- To purchase this programme, go to "Memberships" found along the bottom of the app screen
- Scroll down and select "Training Programme" to view plans
- Select "Three Month Online Training Programme" and purchase

## HEALTH AND SAFETY

- Please do not attend the course if you or someone in your household has symptoms of Covid-19, or if you are isolating after being identified as a contact of a positive case of Covid.
- Please e-mail tom@setantafitness.com to inform Tom that you are unable to attend due to any of the above reasons. Your course fees will be transferred to another suitable course date.