

SOCIAL BENEFITS OF WORKING OUT IN A GROUP

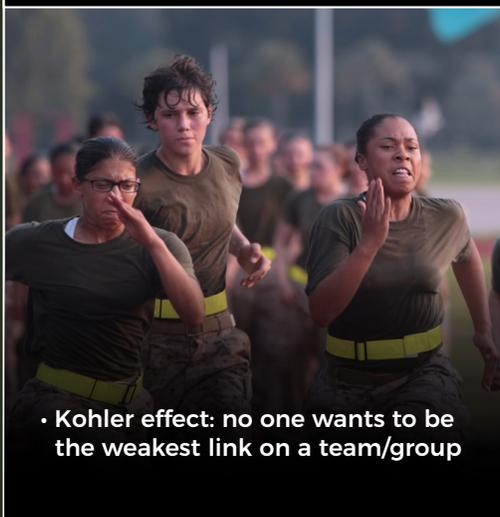


INCREASES COMMITMENT



- Positive peer pressure
- Accountability buddy/group

PUSH YOURSELF HARDER



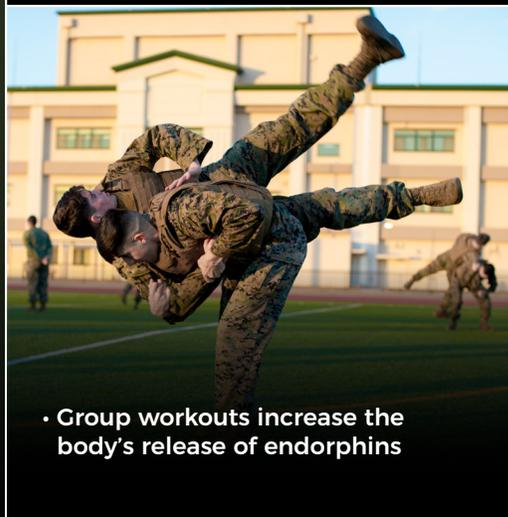
- Kohler effect: no one wants to be the weakest link on a team/group

COMPETITIVE EDGE



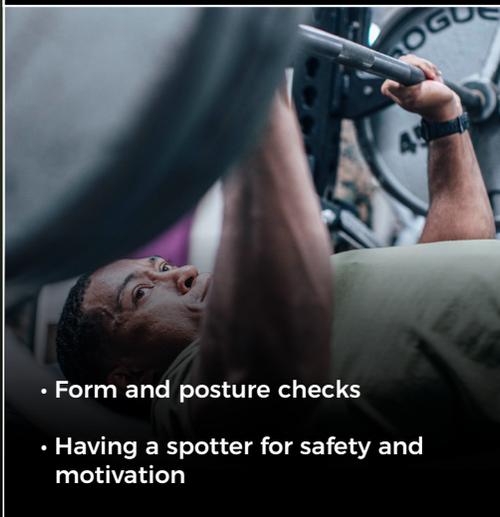
- Competition drives progress
- Inspiration to compete or keep up with the group

CAPITALIZE ON ENDORPHINS



- Group workouts increase the body's release of endorphins

SAFE WORKOUT ENVIRONMENT



- Form and posture checks
- Having a spotter for safety and motivation

EXTERNAL MOTIVATION



- Group workouts can provide synergy, elevating motivation levels