

The O.G. News

September 2026



theohiogym.com

Back to the Basics

Hey Ohio Gym family,

September is go time.

Summer schedules calm down, routines come back, and it's the perfect month to get locked in.

Our theme this month: **Back to Basics**

Not flashy. Not complicated. Just consistent work that builds real strength.

September focus: Basics done consistently

The “basics” are what work:

- Train the big movement patterns
- Use good form
- Track your lifts
- Add a little progress each week

If you keep it simple, you'll be shocked what changes by the end of the month.



This month's mini-challenge: The 4-Week Basics Block

Choose 2–3 days/week and repeat the same plan all month.

Workout A (Full Body)

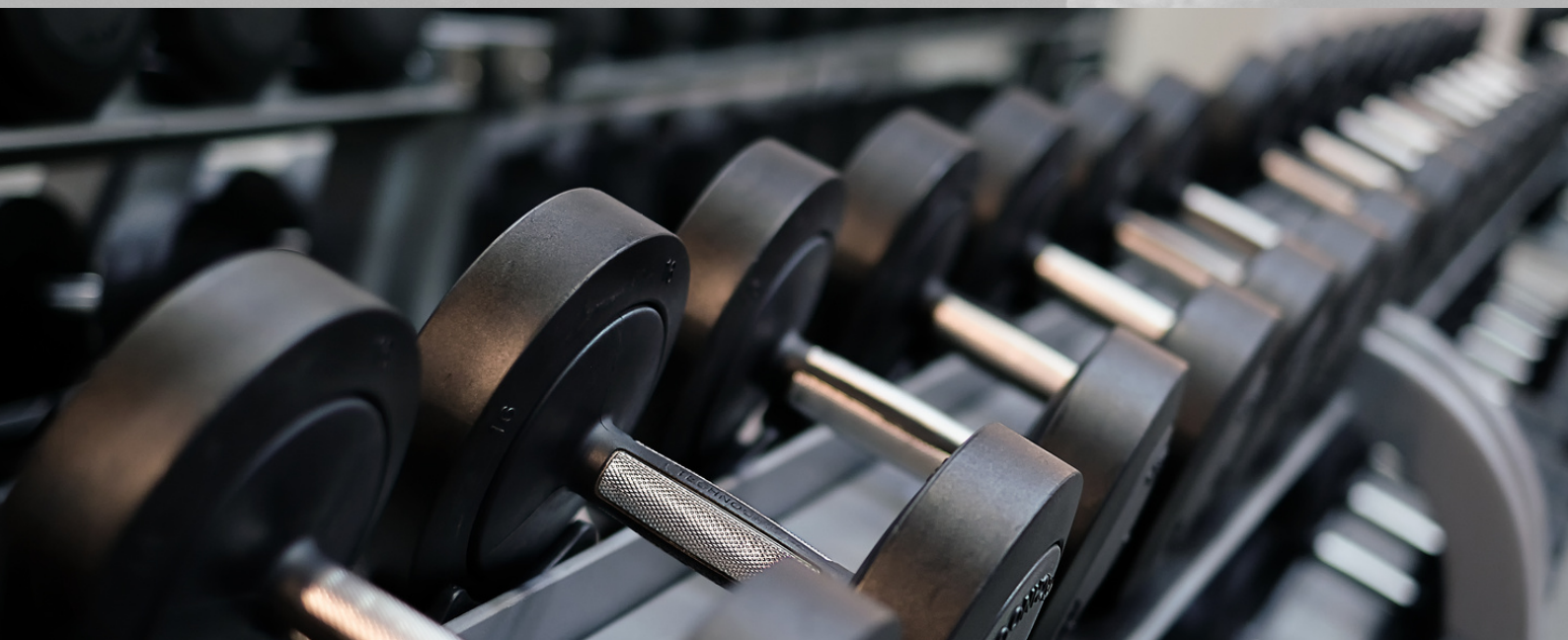
1. Squat or leg press — 3 sets
2. Row or lat pulldown — 3 sets
3. Chest press — 3 sets
4. Hamstring curl or RDL — 2–3 sets
5. Core (plank or cable crunch) — 2 sets

Workout B (Full Body)

1. Hinge (RDL or deadlift variation) — 3 sets
2. Lunge or split squat — 3 sets
3. Shoulder press — 3 sets
4. Pull (row/pulldown) — 2–3 sets
5. Carry (farmer carry) — 2 rounds

How to “grind” the right way:

- Pick weights you can do for 6–12 reps with clean form
- Leave 1–2 reps in the tank most sets
- Each week: add 1 rep or 5 lbs somewhere



Exercise tip of the month: Track it or it didn't happen

The fastest way to get stronger (without guessing) is tracking.

This month, write down:

- Weight + reps for your main lifts
- One quick note on form (example: "keep chest tall")

Goal for September: beat last week by something small

Nutrition tip of the month: Weekday structure, weekend flexibility

You don't need a perfect diet, you need a repeatable one.

Mon–Fri:

- Protein at every meal
- 1–2 servings of fruit/veg daily minimum
- Water with every meal

Weekend:

- Enjoy it, but keep protein + hydration as your non-negotiables

If you want one simple target: aim for **25–35g protein per meal**.



Group exercise (VIP): Add one class to your grind

Classes are included with VIP and can be the difference between “thinking about it” and actually showing up.

- Zumba
- Power Pump
- Muscle Madness
- WTS & Yoga
- 20/20/20
- WERQ
- FITFORCE

Ask the front desk for the September class calendar and we'll help you pick the best fit.

Referral reminder: Bring a friend into the grind

Accountability is a cheat code.

- Refer a friend who joins and you'll get \$20 credit to your account and a free Ohio Gym t-shirt.

Ask the front desk for the referral details.

Need a plan? We'll make it simple.

If you're not sure what to do when you walk in, we'll help you build a plan you can stick to.

Reply to this email or ask at the front desk and we'll point you in the right direction.

Member Spotlight

This month, We are proud to recognize Brooke Comerford as our **Client of the Month!**

Since starting training with me this summer, Brooke has achieved an incredible 30 pound weight loss while consistently training 2-3 days per week.

However, this transformation goes beyond the number on the scale. The biggest accomplishment has been the consistency, discipline, and commitment shown throughout the process. Week after week, Brooke has continued to show up, put in the work, and stay committed to becoming a healthier and stronger version of herself.

As a trainer, seeing a client make this kind of progress is one of the most rewarding parts of the job. Brooke has demonstrated that when you combine consistency, hard work, and accountability, real results happen !

Congratulations Brooke ! You deserve this recognition, and this is the only beginning! 30 pounds down - now let's keep building!



T-SHIRT OF THE MONTH



Recovery corner: Grind hard, recover smarter

If you're training consistently, recovery keeps you in the game.

Check out our on-site recovery options in the Recovery Lounge:

- Cold plunge
- Infrared sauna
- Compression therapy
- Hot/cold contrast therapy
- Red Light Therapy

Ask what fits your goals and schedule.

Questions or ready to upgrade?

Email us at support@theohiogym.com or stop by the front desk.

Your Ohio Gym Family



STAY CONNECTED:

SHARE YOUR LUCKY GAINS ON SOCIAL MEDIA: - FACEBOOK -
INSTAGRAM - YOUTUBE



Reminder of Our Hours:

Staffed & Guest Hours:

Mon-Thu: 8am-10pm

Fri: 8am-8pm Sat: 8am-2pm Sun: 8am-2pm

VIP Members: enjoy Your 24/7 access continues as normal!

Our Partners



LifeSync Coaches

Offering membership-based programs designed to help individuals achieve life balance. A comprehensive support system that offers a range of resources, guidance, and tools to assist members in various aspects of their lives.



STATERA HEALTH AND WELLNESS

Statera Health and Wellness is a destination for those looking for recovery and enhancements, focusing on self care. We offer solutions that truly focus on healing from within. Come visit our relaxing and comfortable location and chat with experienced staff about how we can design a solution that best fits your personal needs.

TAKE ADVANTAGE OF OUR PARTNERSHIPS



ARABICA EXPRESS

Life without coffee is a scary place. That's why we continue to proudly serve up fresh coffee to your community. Globally sourced with the most delicious blends from around the world directly to your hand, our coffee makes even the most difficult days just a tad easier to get through.



NORTHERN OHIO BUSINESS CENTER

Grow your Business/Career without distractions. Could you use a little quiet to maximize your work? Our center has everything you could ask for in your workplace: incredible facilities with great amenities, and a supportive community with a network of industry leaders.