

Intro to the Paternostro Training Center:

PTC Principles:

1. Quality of movement is always more important than weight.
2. The training center should reduce injuries not create them. No one should get hurt in the weight room.
3. Hard work is expected. If you put in the work you will get the results.
4. No one ever got better from being comfortable.
5. Enjoy the process.
6. No one size fits all in training.
7. If you are competent in the weight room, it is your responsibility to help others.

PTC Rules:

1. Proper clothing and footwear is required.
2. No outside food is allowed.
3. Leave the room better than you found it
4. Spotters required when applicable.
5. Students are not allowed without a coach.
6. Only students who have demonstrated technical proficiency can deviate from the script.