



LIMITLESS FITNESS STIRLING

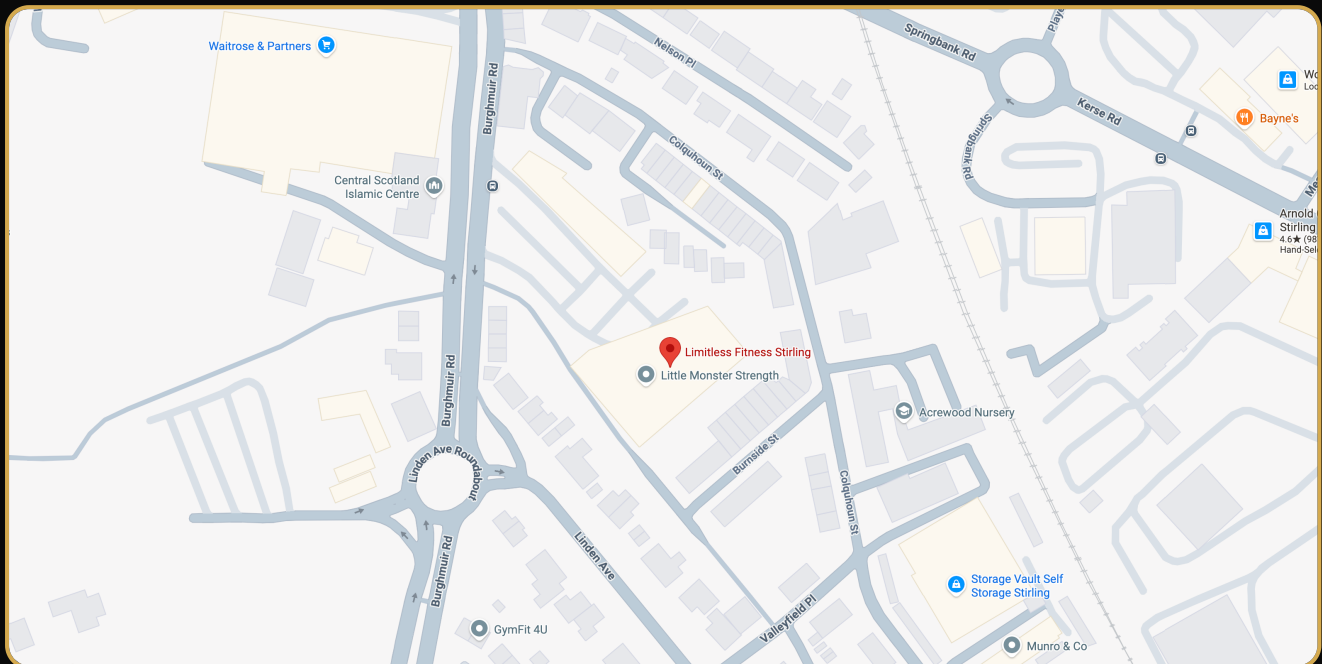
YOUR **WELCOME** PACK

Everything you need to hit the ground running in your first month
— and make this the time it finally sticks.

CLUB INFO

FINDING US

Everything you need to get here and know when we're open.



ADDRESS

Unit 3, 35 Burghmuir Rd, Stirling FK7 7PB · free all-day parking (register at the front desk).

OPENING HOURS

06:00 – 22:00. Check the live status any time in the app (Club Info → When to Visit).

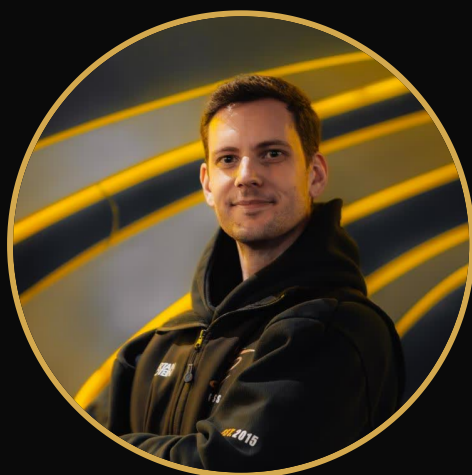
GET IN TOUCH

stirling@limitlessgym247.com

YOUR TEAM

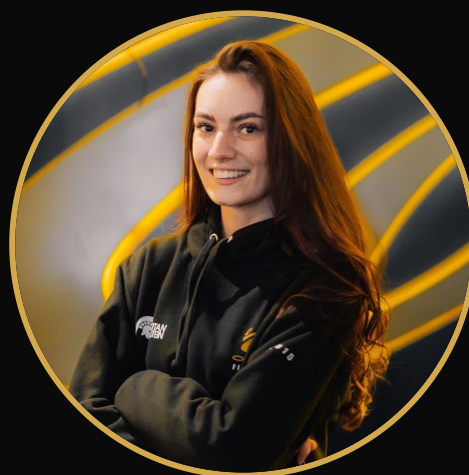
MEET THE TEAM

Two familiar faces looking after you at Stirling. Catch them on the floor or at the desk any time — they're here to help.



CRAIG

GENERAL MANAGER



MORGAN

ASSISTANT MANAGER

Got an issue? **Don't sit with it.** Let Craig or Morgan know straight away and they'll be happy to help.

WELCOME IN

YOUR FIRST MONTH

The members who get set up properly in week one are far more likely to still be training in month three. Follow the plan and you're away.

1

GET SET UP

Install ClubRight, log in and sort your gate access. All covered on the next few pages.

2

FIND YOUR FEET

Book your first class — the fastest way to feel part of it — and get familiar with the floor.

3

BUILD THE HABIT

Lock in your training days and request your training & nutrition app to train with a plan.

4

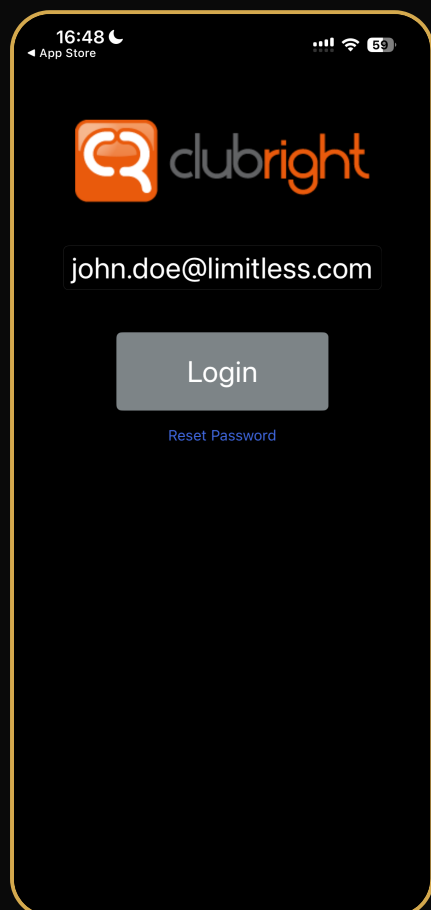
MAKE IT STICK

This is where most people quit and where you won't. We'll check in through the month to keep you on track.

STEP ONE

GET THE APP & LOG IN

Your membership, gate access and class bookings all live in the free ClubRight app.



- 1 DOWNLOAD CLUBRIGHT**
Scan a code below, or search "ClubRight" in your app store.
- 2 ENTER YOUR EMAIL**
Use the email you signed up with, and tap Login.
- 3 ENTER YOUR PASSWORD**
The one you set at sign-up. First time or forgotten it? Tap **Reset Password**, or ask the team.
- 4 YOU'RE IN**
Your Limitless membership, QR code and timetable all load automatically.



iPhone — App Store



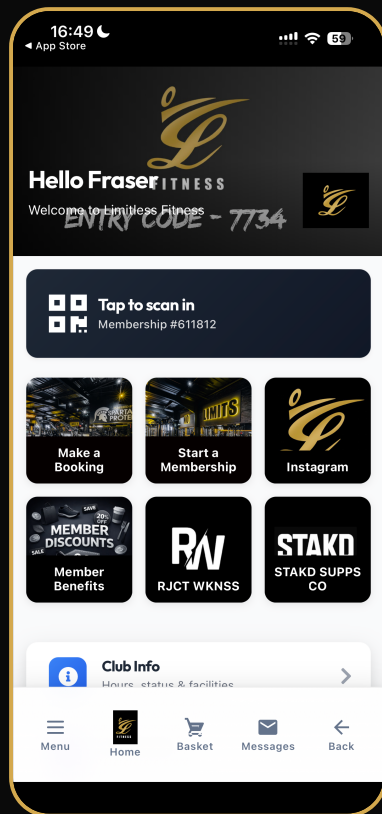
Android — Google Play

Point your phone camera at the code for your device to go straight to the app.

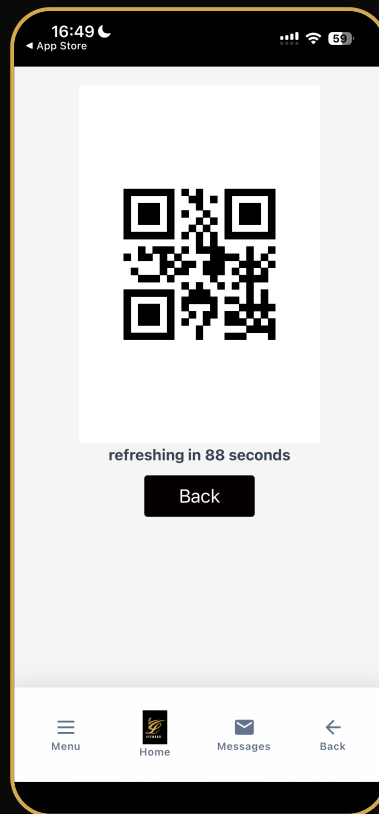
GETTING IN

SIGNING IN AT THE GYM

No fobs, no cards. Your phone is your key — tap, scan, and you're in.



Home → Tap to scan in



Your check-in QR code

1 TAP "TAP TO SCAN IN"

On the home screen, tap the scan-in card at the top.

2 YOUR QR CODE APPEARS

It refreshes every 90 seconds for security — that's normal.

3 SCAN AT THE GATE

Hold the code up to the scanner at the gate. It opens — you're in.

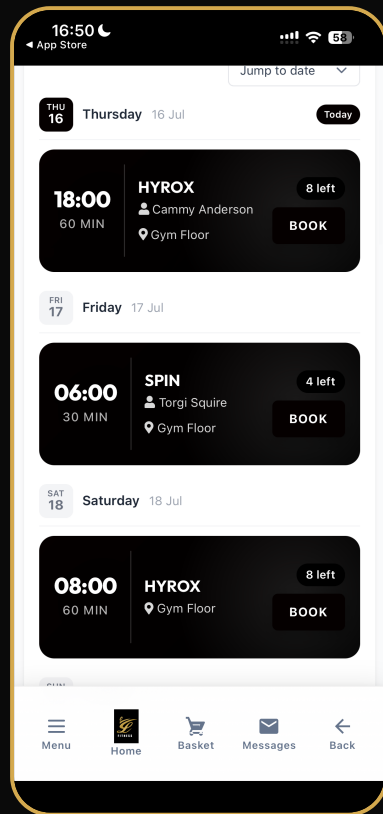
4 ONE SCAN PER PERSON

Everyone scans their own code. Don't let anyone tailgate through behind you — it keeps the gym safe for all members.

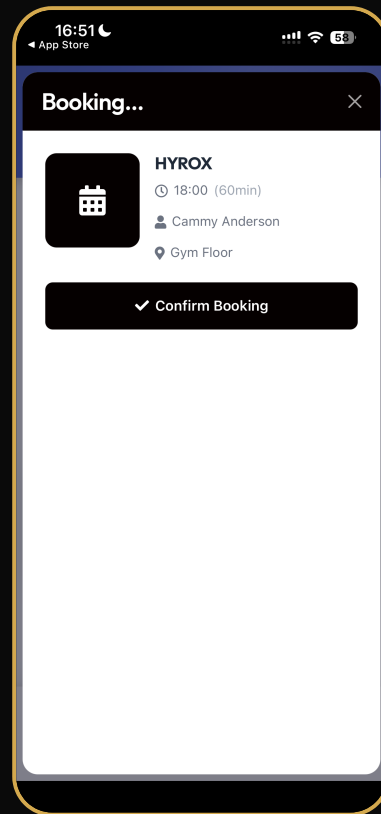
GET INVOLVED

BOOKING A CLASS

Classes are the fastest way to feel part of the club — and to train harder than you would alone. It's a few taps.



The live timetable



Confirm your spot

1 TAP "MAKE A BOOKING"

From the home screen, open the live timetable — HYROX, spin, conditioning and more.

2 PICK YOUR CLASS

Each shows the time, coach, location and spaces left. Tap **Book**.

3 CONFIRM YOUR BOOKING

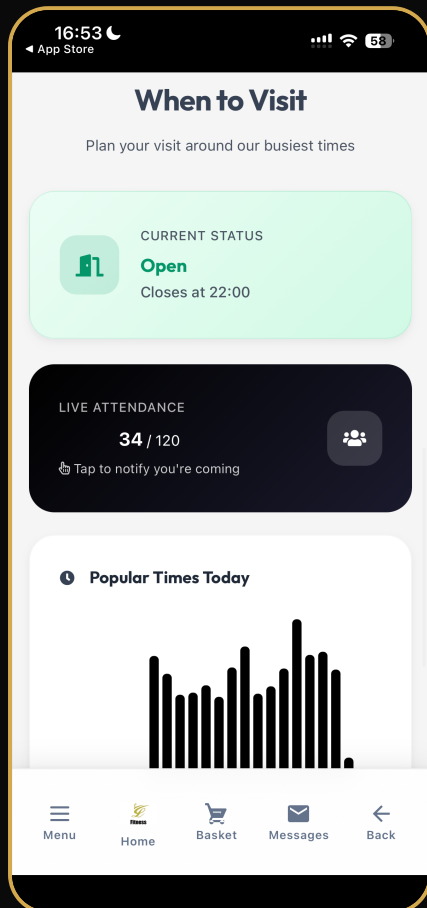
Check the details and tap **Confirm Booking**. Done.

4 TURN UP 5 MINUTES EARLY

New to the class? Tell the coach — they'll look after you. Can't make it? Cancel in the app so someone else can take your spot.

WHEN TO VISIT

Not a fan of a packed gym? You never have to guess. The app shows you exactly how busy it is, live, before you leave the house.



LIVE ATTENDANCE

See how many people are in right now (e.g. 34 of 120) before you head down.



OPEN OR CLOSED

Current status and closing time at a glance — **open until 22:00**.



POPULAR TIMES

Check the busiest hours of the day and plan your session around the quiet spells.



NOTIFY YOU'RE COMING

Tap to let the club know you're on your way.

Find it under **Club Info** on the home screen.

TRAIN WITH A PLAN

YOUR TRAINING & NUTRITION APP **PLUS ONLY**

Limitless Plus members get a structured training plan and full nutrition guidance in the coaching app — built around your goal.

HOW TO GET ACCESS

The coaching app is set up for you by the team. Just drop us an email and we'll get you onboarded.

1

EMAIL THE TEAM

Request the training & nutrition app at stirling@limitlessgym247.com.

2

TELL US TWO THINGS

Male or female, and your preferred split — **PPL** (push / pull / legs) or **upper / lower**. That's it.

3

GET ONBOARDED

We'll set up your app login and your starting plan. Then it's on you to put the work in.

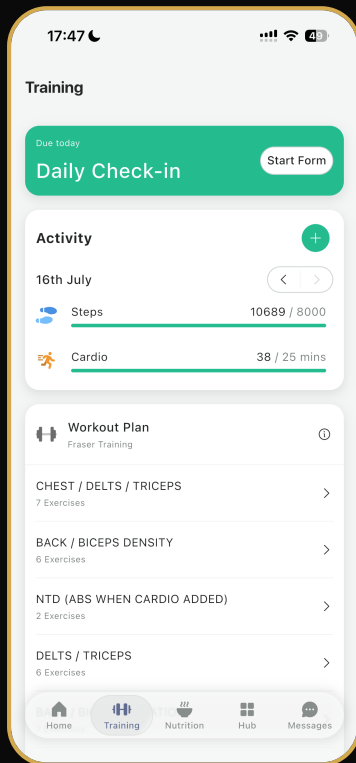
CONTACT

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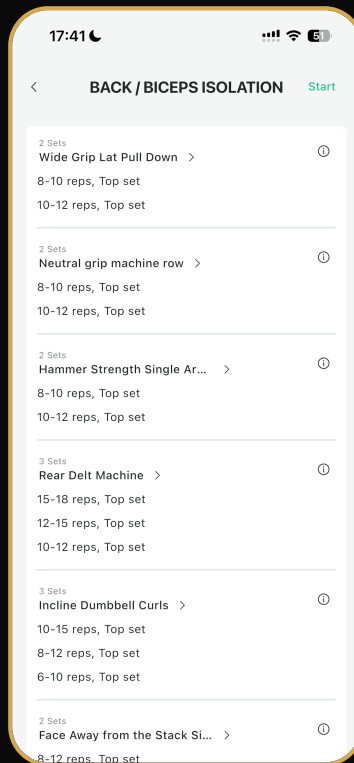
INSIDE THE APP

YOUR TRAINING, PLANNED **PLUS ONLY**

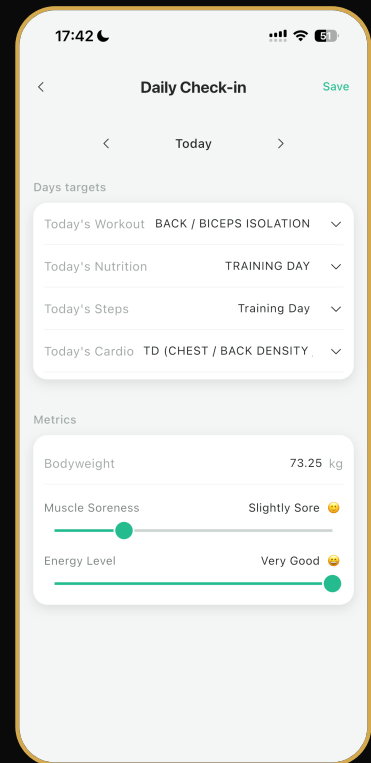
Every session mapped out — what to do, how many sets and reps — with your progress tracked as you go.



Your workout plan



Sets, reps & exercises



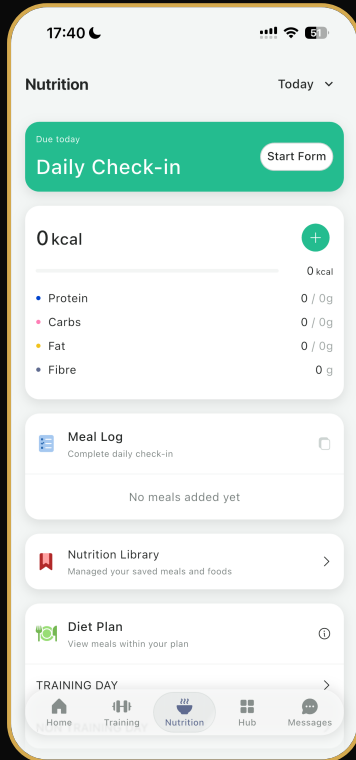
Daily check-in

- ✓ Your full split, built to your goal — every exercise, set and rep laid out
- ✓ Log your sets and track progress week to week
- ✓ Daily check-in — log bodyweight, soreness, energy and steps, tracked over time

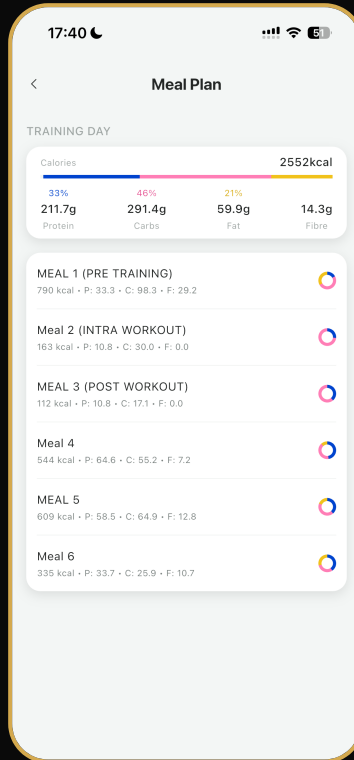
INSIDE THE APP

YOUR NUTRITION, SORTED **PLUS ONLY**

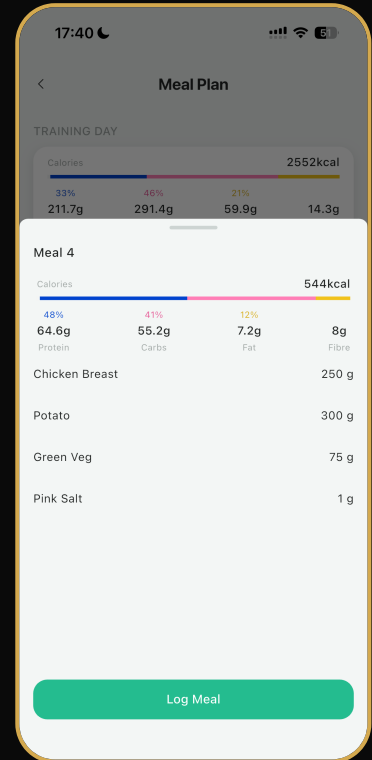
A full meal plan built to your calories and macros — no guesswork. Training-day and rest-day targets, meal by meal.



Track your day



Your meal plan



Every meal, weighed out

- ✓ Daily calorie & macro targets — protein, carbs, fat and fibre
- ✓ A full meal plan with training-day and rest-day options
- ✓ Each meal broken down to the gram — just follow it and log it

THE BASICS

TRAINING & NUTRITION BASICS

Don't overcomplicate it. Get these few things right and stay consistent — that's 90% of it.

A SIMPLE DAILY MACRO SPLIT



A solid starting point for most people. Adjust as you learn what works for your body and goal.

1g

Protein — 1g per lb of bodyweight

Weigh 180 lb? Aim for ~180g of protein a day. Protein builds and holds muscle and keeps you full.

1L

Water — 1L per 50 lb of bodyweight

Weigh 180 lb? That's roughly 3.5–4L a day. Hydration drives energy, recovery and performance.

WEIGHT LOSS VS WEIGHT GAIN — IT'S SIMPLE

Calories in vs calories out. That's the whole thing.

DEFICIT → LOSE

Eat fewer calories than you burn and you lose weight. Every time.

SURPLUS → GAIN

Eat more than you burn and you gain. Slight surplus + training = muscle.

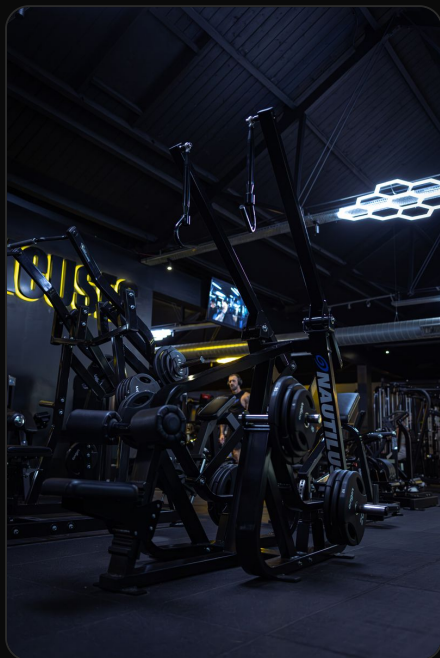
Don't let anyone overcomplicate it. Nobody in history went a week without food and put weight on. Track roughly what you eat, stay in a deficit to lean down or a small surplus to build, and be consistent. Consistency beats perfect.

This guidance is provided for information purposes only and is general in nature. It is not medical, dietary or professional advice. Always consult a qualified healthcare professional before starting or changing any training or nutrition programme, particularly if you have any pre-existing health conditions, injuries or concerns.

YOUR GYM

THE GYM FLOOR

A hand-picked floor of the best kit in the game — clearly laid out by muscle group so you always know exactly where to go.



THE BEST KIT, HAND-PICKED

A hand-selected assortment of the highest-quality machines in the industry — Cybex, Panatta, Prime, Hammer Strength, Gymleco and more. The kit the best gyms are built on.

CYBEX

PANATTA

**HAMMER
STRENGTH**

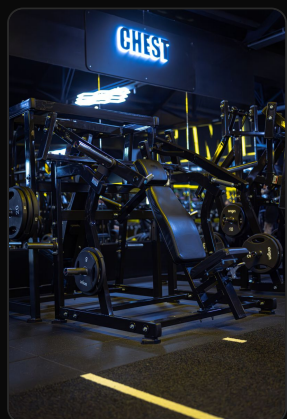
Gymleco

STATE-OF-THE-ART CARDIO

The latest treadmills, Stairmasters and bikes — plus an official HYROX training zone for functional work.

ARRANGED BY MUSCLE GROUP

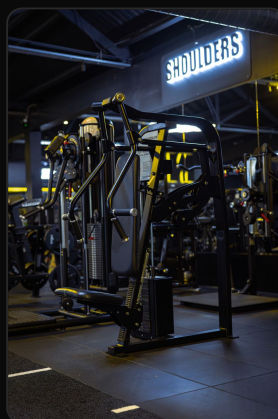
Every area is clearly marked with big overhead signage — so you're never wandering looking for the right kit.



CHEST



BACK



SHOULDERS



LEGS

YOUR MEMBERSHIP

UPGRADE TO LIMITLESS PLUS

Here's the bit that catches everyone out — Plus costs **less** than Standard, and unlocks everything.

STANDARD

£47.49/mo

Single club · flexible rolling contract

- ✓ Single club access
- ✓ Full gym access

BEST VALUE · MOST POPULAR

LIMITLESS PLUS

£42.49/mo

Both clubs · 12-month commitment

- ✓ Both clubs — Stirling & Cumbernauld
- ✓ Unlimited classes including HYROX
- ✓ Coaching app — training + nutrition
- ✓ STAKD Supps & RJCT WKNSS discounts
- ✓ REVIVE recovery + 12 free sunbed mins
- ✓ Priority events + brand discounts

Everything, for **£5 a month less**. Ask Craig or Morgan to switch you over.

YOUR MEMBERSHIP

EVERYTHING YOU GET

The gym you've just joined — premium kit, recovery and everything under one roof.



WORLD-CLASS EQUIPMENT

200+ pieces of premium kit — Panatta, Cybex, Nautilus, Gymleco. Two dumbbell areas up to 70kg and Olympic lifting platforms.



OFFICIAL HYROX CENTRE

Train for the world's biggest fitness race in a proper functional space.



ON-SITE SUNBED

On-site sunbed studio — Plus members get 12 free minutes every month.



ON-SITE SUPPLEMENTS

Pre-workout bar and a full supplement store on site — fuel up and restock.



PREMIUM CHANGING

Luxury changing rooms and showers. Come as you are, leave brand new.



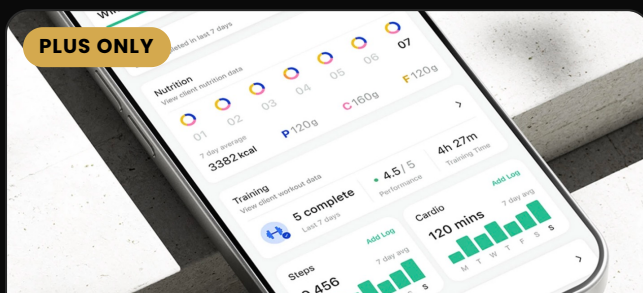
REVIVE RECOVERY SUITE

Sauna & cold plunge. Plus members get a discount on the new recovery suite — coming soon.

WITH PLUS

UNLOCKED WITH PLUS

Upgrade to Limitless Plus and add all this — for less than Standard.



TRAINING + NUTRITION APP

A structured training plan and full nutrition guidance in the coaching app, built around your goal.



STAKD SUPPS DISCOUNTS

Member pricing on STAKD Supps Co. — pre-workout, protein and everything that fuels the work.



RJCT WKNSS DISCOUNTS

Member discounts on RJCT WKNSS gym wear. Reject weakness — and look the part.



MEMBER REWARDS

Savings with Gymshark, Nike, Adidas, Costa, Garmin and more — plus priority event access.

All of it for £5 a month less than Standard.



WE'VE GOT YOUR BACK

We'll keep in touch through your first month — on the gym floor and by email — to make sure you're settling in and on track to hit your goals. You're not on your own.

GET IN TOUCH

Pop in and see Craig or Morgan, or email stirling@limitlessgym247.com. We're here through your whole first month.

NO REGRETS · NO EXCUSES · NO LIMITS