

HOUSE OF ZEUS

Frequently Asked Questions

1. Is this live virtual training?

No. This is a self-paced online program delivered through the TrueCoach app. Train whenever your schedule allows.

2. Do I need a gym membership?

Yes. This program is designed around progressive strength training in a commercial gym.

3. Are meal plans included?

No. You'll receive the House of Zeus Nutrition Playbook with macro guidance, grocery shopping, meal prep, and nutrition strategies.

4. Will I know how much weight to use?

Yes. Use progressive overload—select a challenging weight with good form and increase gradually.

5. What if I'm a beginner?

The program is beginner and intermediate friendly, with exercise substitutions when needed.

6. How long are the workouts?

Approximately 60–75 minutes, including warm-up, strength training, core, conditioning, and post-workout cardio.

7. How many days per week will I train?

5 training days, 1 active recovery day, and 1 full rest day.

8. What equipment do I need?

A commercial gym with barbells, dumbbells, cables, benches, squat racks, resistance bands, and cardio equipment.

9. How long do I have access?

You'll have access to complete the full 45-day program according to your purchase terms.

10. Will this help me lose weight?

It's designed to reduce body fat while building lean muscle. Results depend on consistency, nutrition, recovery, and effort.

11. What happens after the 6 weeks?

You'll have a solid foundation and can continue with House of Zeus coaching if you choose.

12. Is there a community?

Yes. You'll join a growing House of Zeus community focused on support and accountability.

13. What if I miss a workout?

Don't start over. Pick up where you left off and keep moving forward.

Before You Begin

- Read your Welcome Packet
- Review the Nutrition Playbook
- Take your starting photos and measurements
- Download and log into TrueCoach
- Schedule your first workout
- Commit to all 45 days

Results don't come from buying a program. They come from following one.

Show up. Stay consistent. Trust the process.

Welcome to the House of Zeus.