

OLIVER NAM'S INSIDER CIRCLE

EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING



Inside the Mind of Oliver Nam

THIS IS HOW WE PROTECT THE CULTURE.

Summer is over, and teachers are back in school.
(All you teachers are the real MVP's)

Q4 and the holidays are coming up fast. Some of you just took on new roles at work, others are prepping for surgeries, and the rhythms that helped you make great progress this past summer...it all got jumbled.

And that's normal.
What's not normal is the healthy habit of **"leaning in"**.

Here's what I mean...

***If you're feeling bored and unmotivated...
If you're feeling like the same ol' routine is not cutting it anymore...
You need to lean into the thing that got you all your positive results.***

More than likely, the community was a big factor, and you need to let them carry you through when life tries to tug you off course.

"Come for the workouts, stay for the community."

Schedules will pull you and EVERYTHING will become important. Motivations will dip.

That's precisely when community matters most.
Text a workout partner and set a time.
Tell a trainer your plan so we can hold you to it.
Invite an outside friend so you can inspire them.


If 70% is all you've got today, bring that 70%. Showing up at 70% beats waiting for the mythical 110%, every time.

This is the moment we need to lean in on habits, our family for support, and on this studio we've all built together.

I'll tell you this...my life gets jumbled more than you all know. I've been focusing on saying, **"one more time."**

TABLE OF CONTENTS

Inside the Mind of Oliver Nam	1
Calendar Updates	3
Thrive's ladder of success	4
A Cup of Joe	5
Jon's Journey	6
Kaelen's Korner	7
Member Appreciation	8
Train Together & Level Up Your Fitness!	9



It's quiet and repetitive...and it's usually a small voice in my head that says, "do it one more time."

One more rep with 4 seconds to go.

One more workout this week so I can keep the streak alive.

One more night without that glass of wine.

I'm working for patience and small wins, and these small wins are bricks that I'm trying to stack.

Bricks become walls.

Walls become strongholds.

And strongholds make the holidays feel a lot less...slippery.

So as September rolls in, let's keep it simple: protect the culture by protecting your self-talk.

Build resilience by choosing **one more time**.

Show up with whatever you've got, cheer the person next to you, and let the community steady your nerves.

Then we'll carry that strength into October—Meaning in the Margins—where those tiny, quiet choices (snooze or stand up, scroll or stretch) shape the holidays ahead.

CALENDAR UPDATES

Stay in the loop with all our exciting upcoming events and initiatives! Here's a look at what's coming up in this month. Be sure to mark your calendars and get ready for some fun and informative sessions!

September Small Group Schedule

	MON	TUE	WED	THU	FRI	SAT
6 AM		FULL BODY PULL		UPPER		
7 AM	LEGS	FULL BODY PULL	CARDIO	UPPER	FULL BODY PUSH	
8 AM		FULL BODY PULL			FULL BODY PUSH	CARDIO
9 AM	LEGS	FULL BODY PULL	CARDIO	UPPER	FULL BODY PUSH	CARDIO
10 AM	LEGS	FULL BODY PULL	CARDIO	UPPER	FULL BODY PUSH	CARDIO
12 PM	LEGS		CARDIO		FULL BODY PUSH	
1 PM						
4 PM						
5 PM	LEGS	FULL BODY PULL	CARDIO	UPPER		
6 PM	LEGS	FULL BODY PULL	CARDIO	UPPER		

This September, we're giving you something totally new your Head Trainer Joseph has been working on. Get ready for a great challenge on Tuesdays and Fridays!

Tuesdays are now your PULL DAYS!

- Focuses on Back/glutes/Hamstrings/biceps

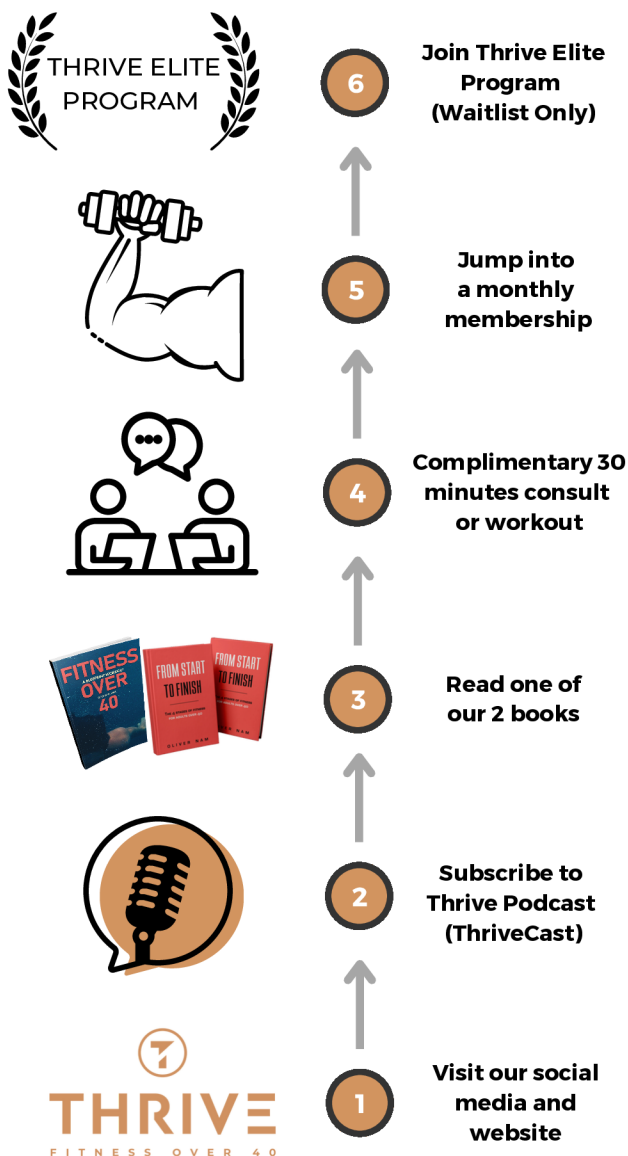
Fridays are your PUSH DAYS!

- Focuses on Quads/chest/shoulders/triceps/calves



How to Refer Your Friends and Family to Take Their Fitness To The Next Level

THRIVE'S LADDER OF SUCCESS



Thrive Training Membership: What is it and what makes it different than all the others?

We understand it can be intimidating to start your fitness journey, therefore, we pride ourselves in cultivating a supportive and judgement-free community. Most people are anxious and unsure of what to do in a gym setting... leave that up to us while we guide you throughout this whole process.

30 Minute Complimentary Consult: What's going to happen?

Take a quick tour of our studio and meet some of the trainers and members. We've thought of everything from the colors of the wall to the pictures being hung...we want this space to be your safe haven. You have to feel comfortable in here so you can then become strong!

Text "THRIVE Trial" to 949-696-5615

For more information and to book a complimentary consultation, visit: www.ThriveTrainingIrvine.com
Follow us on social media: @ThriveTrainingIrvine

Read one of our 2 books (Scan QRs)



FITNESS OVER 40



FROM START TO FINISH

A CUP OF JOE



I HATE READING

At least that is what I would say back when I was a kid all the way through college. Reading was never something I enjoyed doing. Especially when being told to do it for school or by my parents.

Reading has always felt like a chore. It is something I know I should do but I had no motivation to do it. The books weren't interesting to me and felt like there was no point to reading them besides getting a grade.

Now my perspective has changed on reading. Something I used to completely ignore doing is now an activity I enjoy doing in my spare time. I will say it did take a big push from Oliver to get me going.

Started off with me talking about topics that I didn't have much knowledge about and then Oliver got me a book to read. In my mind I thought why do I need a book to learn about these topics, but now I see the value in it.

It took me a few weeks to even open the book, but we all know how persistent Oliver can be. He kept constantly asking me if I was reading it and eventually I started reading.

Now I have a long list of books I'm trying to get through. I'm still not the best reader because it takes me a few months to read a book, but now I do enjoy it when I take time for myself to read.

These are the books I've read so far: Rich Dad Poor Dad, How to Win Friends and Influence People, Richest Man in Babylon, and Unreasonable Hospitality.

Each one of these books has given me new perspectives in different areas of life that I now use to help myself grow as a person, which is something I'm always pursuing.

If you have any recommendations on other books, I would love to hear them and add them to my list!

JON'S JOURNEY



JON'S DOG DAYS OF SUMMER

I'm suffering from Dog Days of Summer - or so I thought. It's a phrase I've heard my entire life - I always thought it meant that boring period at the end of August before kids went back to school. The exciting part of summer is over, and now they are just marking time before school starts.

I was curious, so I looked up the origin. According to The Old Farmer's Almanac, the Dog Days of Summer span July 3 to August 11 - the 40 days following the summer solstice. These are traditionally the hottest and most humid weeks of the year.

Today, the phrase evokes images of lazy summer days—but the real origins tell a story of stars, calendars, and centuries of observation.

This period of intense heat coincides with the heliacal rising of Sirius, the Dog Star, part of the constellation Canis Major. Ancient civilizations noticed the star appeared in the eastern sky just before dawn during midsummer.

Ancient peoples linked it with both astronomy and folklore, often viewing it as a time of drought, disease, or UNREST.

Greeks and Romans associated Sirius with ill fortune, believing it caused droughts, fever, and **general discomfort**. Roman poet Virgil wrote that Sirius "brings drought and plague to frail mortals" when it rises.

What does this have to do with me and my journey at Thrive? Well, and I'm being incredibly raw and genuine here, I'm really suffering from my own personal Dog Days of Summer.

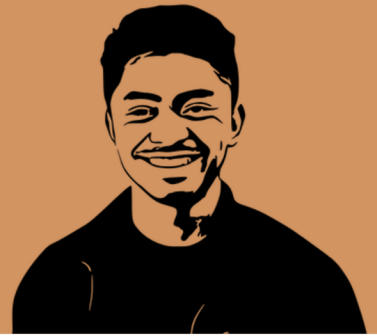
I'm well into my transformational journey, Summer Shred is over (don't ask how I did - I had fun, but no milestones achieved), we are in between exciting trips, and so I've hit that oh so familiar wall called **boredom** - like kids marking time before going back to school.

I'm conjuring up that famous parental phrase - "go find something to do, or **I WILL** find something for you to do". I journal daily - challenging myself to find something to do to keep myself moving forward - and I'll admit - it's tough. I need to find a catalyst. Now, this is where I sound cheesy, but I'm being serious, coming to THRIVE and seeing each one of you honestly makes my day and gives me hope that I will come out of this rut. I need to come more often just to say hi, capture that hug, and ask how you are doing. Hearing you and seeing your smile helps chase away my dog days of summer.

Each of you inspires me and makes me want to keep coming back and sticking with it - whatever "it" is - because "it" (this) will pass and I'll start moving forward again. Some of you will know where I am borrowing this from - "keep coming back...it works" is true. If you are feeling like me, please don't give up, don't quit, it won't do you or me any good.

Please come pay a visit, have a cup of something and just sit and chat with your THRIVE family.

KAELAN'S KORNER



DOES PERFECT EXIST?

Have you ever failed at something?

I bet you have and beat yourself up so much that it hurts to the core.

Overthinking arises, fear creeps in, and your whole world shatters.

Maybe you're related to any one of those thoughts, but for myself, I have gotten a little bit better at handling overthinking.

What I am referring to is a fixed vs a growth mindset.

To fail in my eyes felt like the world was crashing down on me, and that if I didn't do it just perfectly, well, what is the point?

For example, when I first became a trainer, if I didn't have the most flawless workout designed for people, then the workout would be bad and they wouldn't like it. I would spend hours designing a workout and go back and forth between what works and what doesn't.

These countless hours spent would never leave me satisfied with my clients because I have to do it all again, and would dread it. After some time, I pinpointed this down to the fear of failure, which stemmed from my fixed mindset.

I couldn't accept not being perfect because, well, that is what gets you good marks and how you improve yourself.

Newsflash, the "perfect workout" didn't matter if I never asked the client how they were doing or how they were feeling that day.

How a person feels at the moment will dictate the workout, not a piece of paper with exercises.

Since being at Thrive, I have transitioned from being that "clipboard person" to one who can freely think because of the good training structure.

The team at Thrive is unique, with a culture that pushes you to grow while also identifying your strengths and weaknesses. Being at Thrive has taught me that failure is not the end of the world; however, if you don't try, you will never get anywhere.

Just get the ball rolling and see what happens. No perfect workout, no perfect diet, no perfect exercise, just go and see what sticks.

MEMBER APPRECIATION

If you're looking for a living, breathing example of "one more time" and "protect the culture," meet September's Member of the Month: **Marci McLean.**



Marci's superpower is her steady follow-through. Give her a goal and she'll chip away at it every single day—no drama, no shortcuts, just quiet consistency that adds up.

Even on the tough days—when her head is pounding and motivation is thin—she shows up, moves with intention, and leaves a little better than she arrived. That kind of resilience doesn't just help Marci...it raises the standard for everyone in the room.

Outside the gym, Marci keeps the community strong. She's active in our private Facebook group by posting wins and cheering others on. She also one to bring her friends and family to healthy routines that stick. It's connection in action, and it's exactly why people stay for the community.

Marci trains smart, too. Even with a shoulder injury, she knows her limits, communicates with the trainers, and does what recovery requires. You'll see her icing post-workout. 🧊

That discipline protects her progress and our culture.

So here's to you, Marci...your consistency, kindness, and grit make Thrive better. If you see her in class (or in the FB group), drop a high-five, join a coffee walk, or share a rep next to her.

One more rep. One more kind word. One more promise kept. Stay for the community.

TRAIN TOGETHER & LEVEL UP YOUR FITNESS!

Thrive is offering 2 free weeks of personal training to your friends and family.
To see if we're a good fit for them, and to take advantage of the 2 week offer, follow the 3 steps below.

Step 1

Use your phone camera to scan the QR code below



Step 2

Choose a good date/time on the schedule



Step 3

Oliver will reach out to you ASAP to get started!



NEW BOOK

Guess what?!

Oliver just finished his 2nd book focusing on fitness for adults over 40.

It's called **From Start to Finish: The 4 Stages of Fitness for Adults Over 40**. You can get your free ebook copy by scanning the QR below, or grab a copy in the studio!



From Start to Finish: The 4 Stages of Fitness for Adults Over 40

