

https://sisustrengthacademy.com/

The screenshot shows a web browser displaying the SISU Strength Academy website. The browser's address bar shows the URL 'https://sisustrengthacademy.com'. The website's navigation menu includes 'ABOUT', 'DETAILS', 'COACHES', 'TESTIMONIALS', 'BLOG', 'CAREERS', 'STORE', and 'CONTACT'. The main content area features a large image of a modern building at sunset with the text 'NEW LOCATION IN WAUKEE NOW OPEN'. Below this image are two buttons: 'LEARN MORE' and 'REGISTER'. The headline 'A NEW ERA HAS BEGUN' is followed by the sub-headline 'ALL NEW LOCATION NOW OPEN IN WAUKEE'. The main text reads: 'Join us in our brand new home with over 5,000 square feet waiting for you. Overlooking Grand Prairie Drive in Waukee at 2565 SE Encompass Dr. #100 next to Lush Dental.'

AMERICAN MADE
EST. 2017
SISU
STRENGTH ACADEMY

ABOUT DETAILS COACHES TESTIMONIALS BLOG CAREERS STORE CONTACT

NEW LOCATION IN WAUKEE NOW OPEN

LEARN MORE REGISTER

A NEW ERA HAS BEGUN

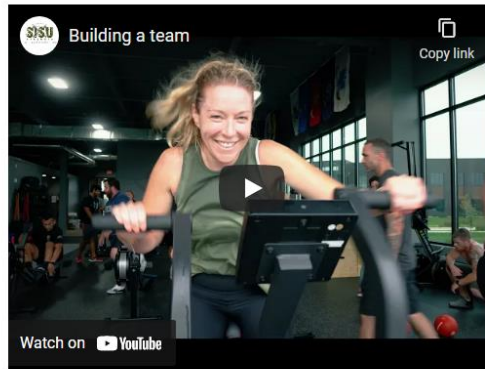
ALL NEW LOCATION NOW OPEN IN WAUKEE

Join us in our **brand new** home with over 5,000 square feet waiting for you. Overlooking Grand Prairie Drive in Waukee at 2565 SE Encompass Dr. #100 next to Lush Dental.

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MESSAGE US TODAY TO RESERVE YOUR SPOT

The New "YOU" is waiting



The screenshot shows the website for SISU Strength Academy. At the top, there is a navigation menu with links for ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT. Below the menu is a banner image of people working out. The main content area features a Google review summary on the left, stating "EXCELLENT Based on 41 reviews." To the right are three individual testimonials, each with a 5-star rating and a Google profile picture. The testimonials are from Jacob Tinker (dated 2021-03-30), Susan (dated 2021-03-29), and Trevor Cassel (dated 2021-03-29). Below the testimonials is a section titled "THE ACADEMY DIFFERENCE" with a paragraph describing the academy's focus on strength, determination, and perseverance. At the bottom of this section is a button that says "LEARN MORE ABOUT THE ACADEMY".

Google
★★★★★
EXCELLENT
Based on 41 reviews.

Jacob Tinker
2021-03-30
★★★★★
To call Sisu a gym would sell the entire mission and culture of the place miles short. Before coming to Sisu I felt very satisfied with my

Susan
2021-03-29
★★★★★
If you have a desire to make changes to yourself and your life that will improve your health, your attitude and appearance this is the

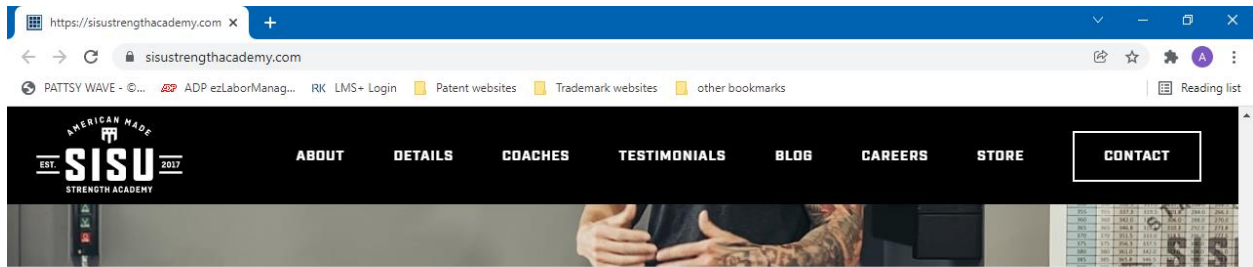
Trevor Cassel
2021-03-29
★★★★★
Choosing to train at Sisu is one of the best decisions I have made. If you trust in their process and are willing to show up, they will push

THE ACADEMY DIFFERENCE

SISU is defined by the strength of will, determination, perseverance, and acting in the face of adversity. SISU Strength Academy (SSA) is more than just a gym. It's a training facility that's focused on guiding you through a journey to not only meet your fitness goals, but to reach milestones you thought weren't possible in life.

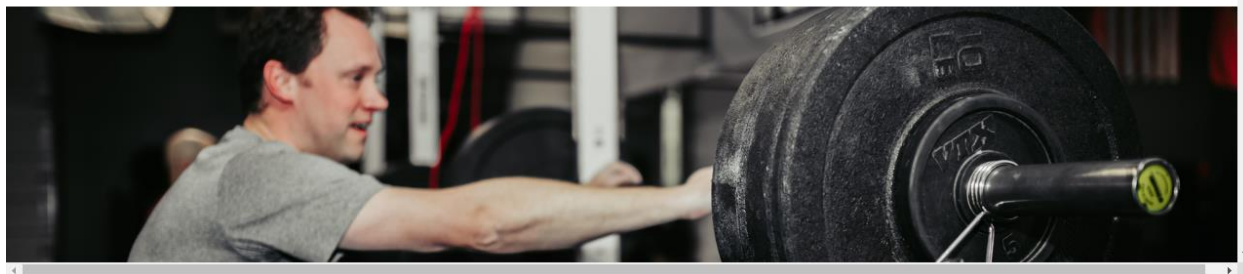
LEARN MORE ABOUT THE ACADEMY

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TEAM-FIRST MINDSET

How good of a teammate are you? Developing the traits of being the best teammate is an integral part of our program. Anyone can achieve the highest level of success on a strong team. The Sisu team will support you not just through training but through Academy graduations, celebrations, and outings outside of the class-time. We are constantly growing together.



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The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com>. The browser's address bar and tabs are visible at the top. Below the browser, the website's navigation menu is displayed in a dark bar with white text: **ABOUT**, **DETAILS**, **COACHES**, **TESTIMONIALS**, **BLOG**, **CAREERS**, **STORE**, and **CONTACT**. The **CONTACT** link is highlighted with a white border. The main content area features a large grey banner with the text **JOIN OUR LIST FOR UPDATES AND SPECIALS!** in bold. Below this, the text "Your email address" is followed by a horizontal input field. Underneath the input field is a rectangular button labeled **SIGN UP**. The footer of the page is dark grey and contains the SISU Strength Academy logo, which is a circular emblem with "STRENGTH" at the top, "SISU" in the center, and "ACADEMY" at the bottom, flanked by "EST. 2017". Below the logo are the links **TERMS**, **PRIVACY**, and **CONTACT**. At the bottom of the footer, there are social media icons for Facebook and Instagram, and the address "2565 SE Encompass Drive #100, Waukee, IA 50263. COPYRIGHT © 2021".

https://sisustrengthacademy.com/

The screenshot shows a web browser displaying the SISU Strength Academy website. The browser's address bar shows the URL <https://sisustrengthacademy.com/about/>. The website's navigation menu includes links for ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT. The main content area features a large image of two men in black t-shirts with the SISU logo, standing in a gym setting. The text 'ABOUT US' is overlaid on the image. Below the image, the heading 'SISU COACHING PHILOSOPHY' is displayed, followed by the text: 'SISU is an action-based mindset that allows individuals to reach beyond their perceived limitations.'

AMERICAN MADE
EST. 2017
SISU
STRENGTH ACADEMY

ABOUT DETAILS COACHES TESTIMONIALS BLOG CAREERS STORE **CONTACT**

ABOUT US

SISU COACHING PHILOSOPHY

SISU is an action-based mindset that allows individuals to reach beyond their perceived limitations.

https://sisustrengthacademy.com/

The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com/>. The browser's address bar shows the page is sisustrengthacademy.com/about/. The website's navigation menu is located at the top, featuring the SISU logo (American Made, EST. 2017, Strength Academy) and the following links: ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT. The main content area begins with the text "perceived limitations." followed by a paragraph: "The mission of SISU Strength Academy (SSA) is to create and maintain a culture that pushes the mental potential beyond perceived limitations. Our goal is to guide every member through their personal journey of self-discovery by developing an action mindset. An action mindset is what transforms barriers into opportunities. We aim to use our unique training methods to foster an environment that allows every person to experience the deepest level of self-discovery. Our goal is to help our members create and develop skills that they'll use for the rest of their lives." Below this is the section header **THE ACADEMY**, followed by a paragraph: "The Academy is a periodized 12-week program that utilizes science-based training to help anyone with any fitness level. The goal of The Academy is to maximize consistency, personal performance progression, education, and self-discovery. The Academy Program enhances 5 performance components:" and a list of three components: **1. MOBILITY**, **2. NUTRITION**, and **3. STRENGTH**.

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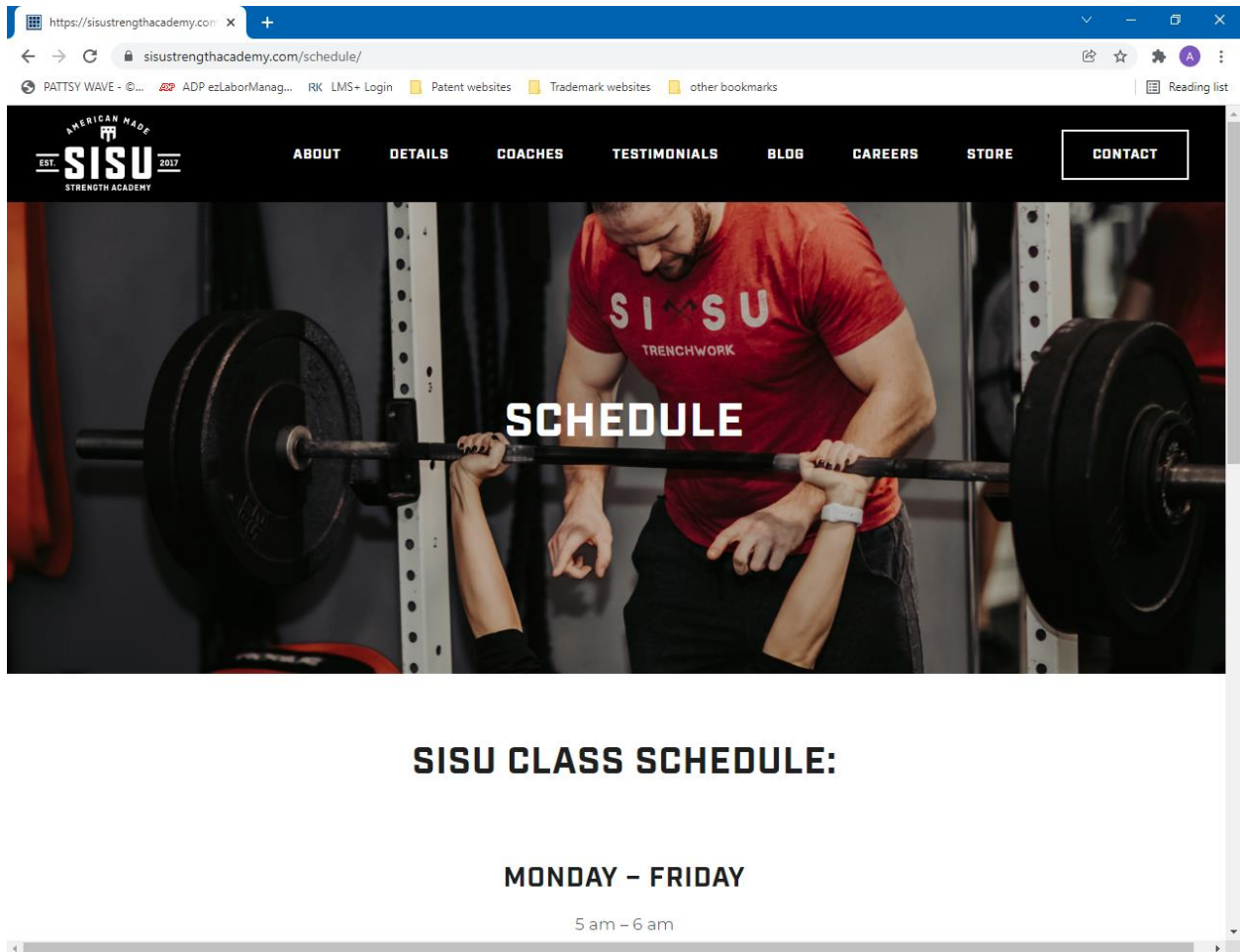
The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com/>. The browser's address bar shows the page is sisustrengthacademy.com/about/. The website's navigation menu includes: ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT. The main content area features a list of five program components:

1. MOBILITY
2. NUTRITION
3. STRENGTH
4. POWER
5. CONDITIONING

Below the list, the text reads: "The Academy Program was created to enable anyone to develop self-sustaining skills. Each class is divided into small groups which creates an unmatched atmosphere focused on education. Each small group rotates through 3 strength training sessions and 2 conditioning sessions per week." This is followed by the statement: "This is the SISU Strength Academy way and it will change your life if you allow it to."

At the bottom of the page, a large grey banner contains the text: **NOW OPEN IN WAUKEE**

https://sisustrengthacademy.com/



The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com/schedule/>. The website header features the SISU logo (American Made, EST. 2017, Strength Academy) and a navigation menu with links for ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT. Below the header is a large image of a coach in a red SISU TRENCHWORK shirt assisting a client with a barbell. The word "SCHEDULE" is overlaid in large white text on the image. Below the image, the text "SISU CLASS SCHEDULE:" is centered, followed by "MONDAY - FRIDAY" and "5 am - 6 am".

SCHEDULE

SISU CLASS SCHEDULE:

MONDAY - FRIDAY

5 am - 6 am

https://sisustrengthacademy.com/

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[ABOUT](#) [DETAILS](#) [COACHES](#) [TESTIMONIALS](#) [BLOG](#) [CAREERS](#) [STORE](#) [CONTACT](#)

MONDAY - FRIDAY

- 5 am - 6 am
- 6 am - 7 am
- 9 am - 10 am
- 12pm - 1 pm
- 4:30 pm - 5:30 pm
- 5:30 pm - 6:30 pm

Strength Focus: (M-W-F)
Conditioning: (T-TH)*

SATURDAY

- 8 am - 9 am

JOIN OUR LIST FOR UPDATES AND SPECIALS!

Your email address

https://sisustrengthacademy.com/

The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com/events/>. The browser's address bar and tabs are visible at the top. Below the browser is the website's navigation menu, which includes links for ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and a highlighted CONTACT button. The main content area features a large banner image of a modern gym building at sunset. Overlaid on this image is the text: "UPCOMING EVENTS", "NEW GYM", "Saturday August 7th", "8:00am Group Workout", and "12:00pm Open House". Below the banner, a list of event activities is provided: "Food – Games – Prizes – Meet the Coaches – Tour the New Facility – Right next to Lush Dental in Waukee". At the bottom of the page, there are two lines of text: "Group workout at 8am" and "Meet the coaches and tour the new facility".

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sisustrengthacademy.com/events/

AMERICAN MADE
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ABOUT DETAILS COACHES TESTIMONIALS BLOG CAREERS STORE **CONTACT**

UPCOMING EVENTS

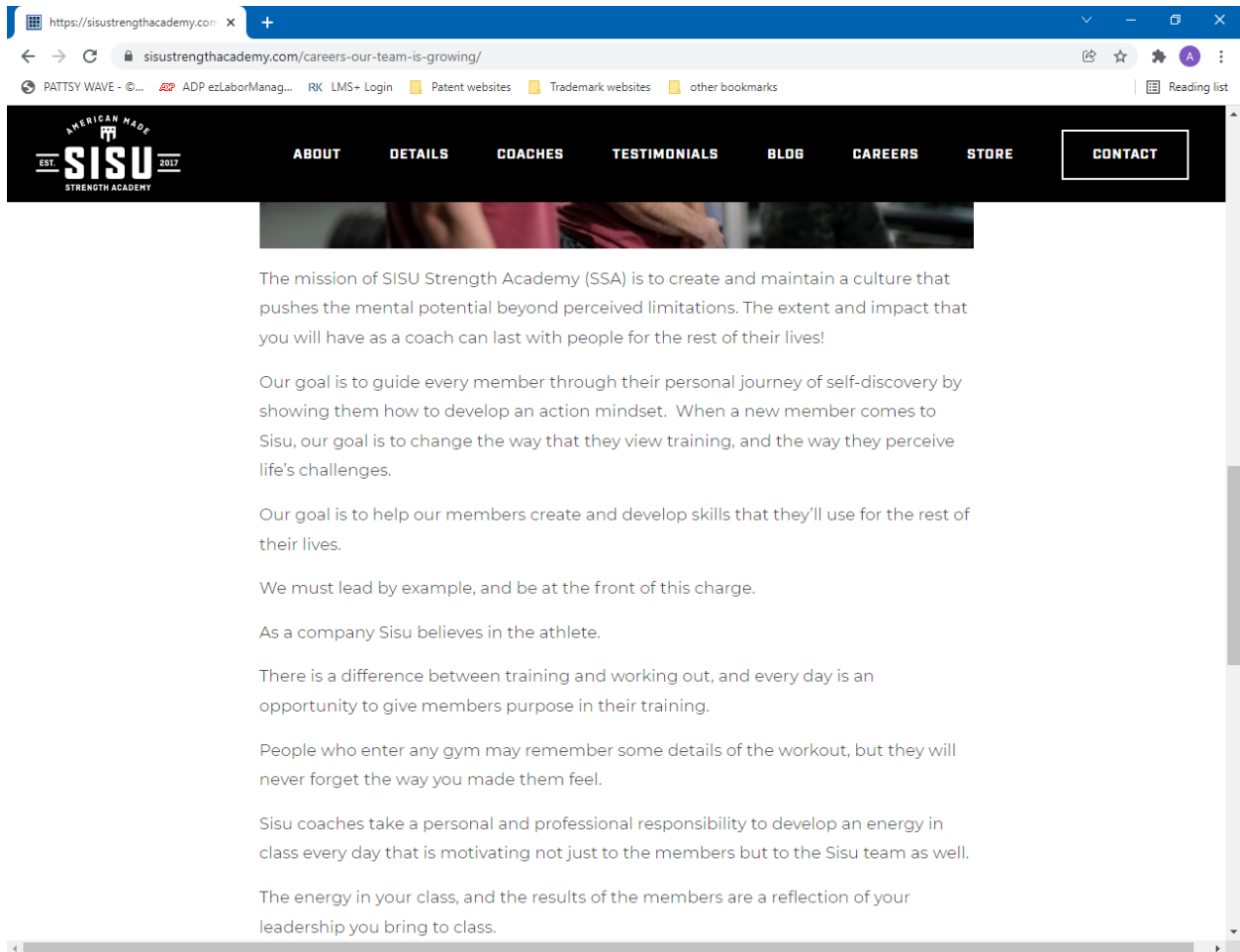
NEW GYM
Saturday August 7th
8:00am Group Workout
12:00pm Open House

Food – Games – Prizes – Meet the Coaches – Tour the New Facility – Right next to Lush Dental in Waukee

Group workout at 8am

Meet the coaches and tour the new facility

https://sisustrengthacademy.com/



The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com/careers-our-team-is-growing/>. The browser's address bar and tabs are visible at the top. Below the browser, the website's navigation menu is displayed in a dark bar with white text. The menu items are: ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT (which is highlighted with a white border). To the left of the menu is the SISU Strength Academy logo, which includes the text "AMERICAN MADE", "EST. 2017", and "STRENGTH ACADEMY". Below the navigation bar is a large image of a person's arm and shoulder. The main content area of the page contains several paragraphs of text:

The mission of SISU Strength Academy (SSA) is to create and maintain a culture that pushes the mental potential beyond perceived limitations. The extent and impact that you will have as a coach can last with people for the rest of their lives!

Our goal is to guide every member through their personal journey of self-discovery by showing them how to develop an action mindset. When a new member comes to Sisu, our goal is to change the way that they view training, and the way they perceive life's challenges.

Our goal is to help our members create and develop skills that they'll use for the rest of their lives.

We must lead by example, and be at the front of this charge.

As a company Sisu believes in the athlete.

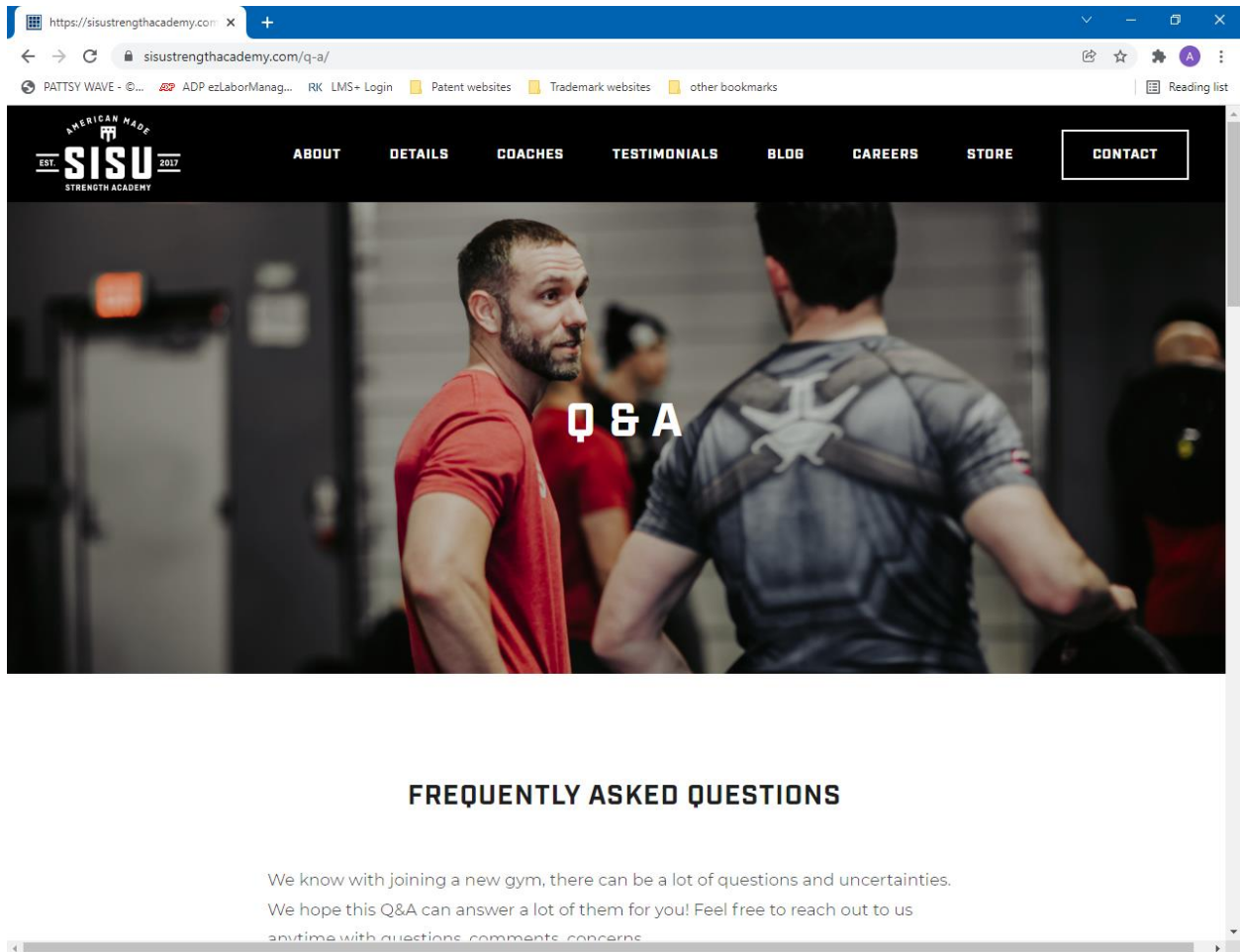
There is a difference between training and working out, and every day is an opportunity to give members purpose in their training.

People who enter any gym may remember some details of the workout, but they will never forget the way you made them feel.

Sisu coaches take a personal and professional responsibility to develop an energy in class every day that is motivating not just to the members but to the Sisu team as well.

The energy in your class, and the results of the members are a reflection of your leadership you bring to class.

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The screenshot shows a web browser window with the URL <https://sisustrengthacademy.com/q-a/>. The browser's address bar and tabs are visible at the top. Below the browser, the website's navigation menu is displayed in a dark bar with white text: ABOUT, DETAILS, COACHES, TESTIMONIALS, BLOG, CAREERS, STORE, and CONTACT. The main content area features a large image of two men in a gym setting, with the text "Q & A" overlaid in white. Below the image, the heading "FREQUENTLY ASKED QUESTIONS" is centered. The introductory text reads: "We know with joining a new gym, there can be a lot of questions and uncertainties. We hope this Q&A can answer a lot of them for you! Feel free to reach out to us anytime with questions, comments, concerns."

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we know with joining a new gym, there can be a lot of questions and uncertainties. We hope this Q&A can answer a lot of them for you! Feel free to reach out to us anytime with questions, comments, concerns.

QUESTION: IS THE ACADEMY CLASS FOR ANY LEVEL OF FITNESS?

Answer: Yes! The Academy is structured to encompass all levels of fitness from the mechanical phase of training that is perfect for someone new to exercise to the power phase of training, which is ideal for seasoned athletes. This structure embraces the idea of mastering the basics to maximize the benefits of the advanced classes.

QUESTION: NO REALLY, I AM A BEGINNER. I HAVE NEVER WORKED OUT, BUT I WANT SOMETHING TO CHALLENGE ME. I AM READY FOR A CHANGE. CAN I STILL JOIN?

Answer: Absolutely! Every single athlete you will meet at the academy most likely started with similar thoughts of being anxious and out of shape. This is why we are here. This is why we do what we do. This place will change your life if you let it and we will help you every step of the way. You just need to be ready to work!

QUESTION: WHAT IF I SIGN UP FOR THE 5 AM CLASS BUT MAY NEED TO POP INTO ANOTHER TIME HERE AND THERE. IS THAT

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QUESTION: WHAT TYPE OF TRAINING WILL I BE DOING?

Answer: Your training will be based off your fitness level and will encompass high intensity interval training, bootcamp style workouts and strength training.

QUESTION: IS MY MEMBERSHIP RECURRING, WEEKLY OR MONTH TO MONTH?

Answer: The academy runs in twelve week cycles; however you will be charged Bi-weekly payments and no obligation or contracts

QUESTION: WHAT IF I MISS A WORKOUT, CAN I STILL HAVE ACCESS TO THE WORKOUT FOR ME TO DO AT A LATER TIME THAT DAY?

Answer: Absolutely! We want you to be able to stay on track with your peers. We know how busy schedules can get!

https://sisustrengthacademy.com/

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classes, see the space and meet everyone.

QUESTION: WHAT WILL SATURDAY TRAINING BE LIKE?

Answer: Be ready for a lot of fun on Saturday's. We will have the whole academy together, so workouts will be geared towards some fun, friendly competition.

*Didn't find the answer to your question? Email us at ssawaukee@gmail.com

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Your email address

SIGN UP