

ABOUT ORIGIN

Origin Oredo

LIFESTYLE FITNESS DEFINED AS:

The constant pursuit of optimal health, resulting in peak mental and physical performance

MINDSET:

With time and effort, we can do all things

THE TRAINING SPACE

Origin is a safe space to work on yourself

STEM PILLARS:

Management, and ownership of Sleep, Training, what we Eat, and Mindset Unlocks our full potential



Training System

We've created a training system that promotes symmetry in the body and injury prevention, which allows our members to stay in the gym, and explore their best-self over time.

There are no shortcuts, we believe in building a strong foundation that focuses on consistency, and intensity. That consistency builds character that allows us to layer on more complex routines and movements later in your Origin career. More importantly, that character is something we take and apply to our other roles in life.





Origin Story

Founded in 2018, this boot-strapped local gym has become a place for members to explore their strongest-self. Whether you're participating in our individually programmed group classes, or training remotely, you'll get the individualized coaching you need to succeed and truly make health a lifestyle.

In person you'll experience the energy of a group class, blended with the private instruction you need to create a safe, and challenging workout program.

You'll also be paired up with a coach who helps you understand how to organize the other 23 hours of your day to achieve your goals and truly make this a lifestyle experience. Our coaching is based on our STEM Pillars of Health - Sleep, Train, Eat and Mindset.

Our vision is for our clients to invest equally into the pillars and take control of their health.

contactus

[Start Now](#)

*Schedule a free goal setting session
and find out why Origin is the right choice for you.*



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