Setting up a Weight Assessment

Step 1

From your coach request the “Weight Assessment Form”- given to you by the coach.

Step 2

Request a Singlet from your coach

Step 3

Read and follow the steps written on the “Weight Assessments” on the website.

Step 4

Set-up your Weight Assessment.

Call Kent “ATI” located-across from Red Robin in Kent on the Benson Hwy.

25012 104th Ave SE Ste C, Kent, WA 98030

253-856-3477 and ask to setup an appointment for a “Weight Assessment”.