



Join my online personal training for busy professionals & parents. Here are 9 reasons why.

1. **Workouts tailored to *your* equipment**
2. **Custom assessments**
3. **Custom workouts**
4. **Custom nutrition plans that change**
5. **Receive workout reminders**
6. **Track all workouts objectively**
7. **Receive data on all progress**
8. **Do the custom workout on your time**
9. **Work with a trainer that has 25 years of experience**

Online personal training Sure, there are other trainer apps out there, but this is the **ONLY** one that is *customized* to your goals and your workout equipment. Receive fitness programs, motivation and nutrition plans through video and messaging.

Assessments

I will send you the assessment tests that I want you to do, so I can design a tailored plan around your assessment results.

Workout syllabus

You will receive a three-month workout syllabus outlining the present & future workout progression based on your assessment results.

Monitor your progress

I receive notifications and can analyze all areas of your program; before-and-after photos, body stats, heart rate, body fat, nutrition, personal bests, graphs, strength gains and make changes if I see a plateau



Nutrition

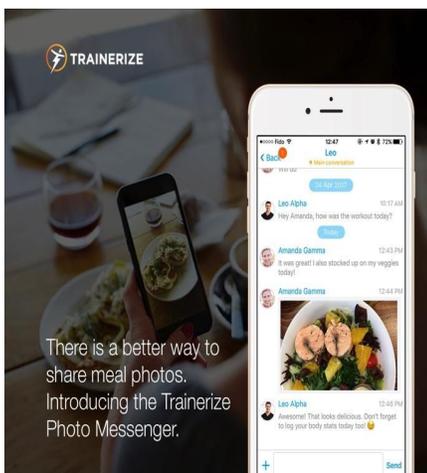
I provide a holistic approach to training by impacting nutrition habits

Meal Plans

Nutrition is 70% of your results. I'll give you different meal plans for the first 4 months to see what your body responds best to. I'm able to see how you manage your nutrition through the app.

Track Meals and Macros

I can track your nutrition through the Fitbit or MyFitnessPal app integrations. The Fitbit integration gives me access to your body weight, resting heart rate, calories, macros and complete meal diaries. The MyFitnessPal integration syncs client calories and macros.

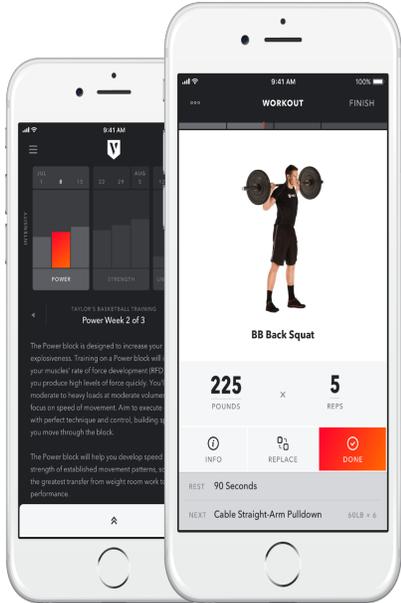


Training

Custom Exercise Videos

There is a short custom video & audio next to each exercise to show you proper form

This is important for advanced athletes & weightlifters to increase power, speed, strength, prevent injuries, learn advanced lifting techniques and decrease plateaus in strength and body fat loss.



Any type of workout

I can build a general weight loss or an advanced sport specific workout for any sport. I can design it for a gym or outside. If you travel, let me know what equipment you have access to and I'll tailor a workout for that.

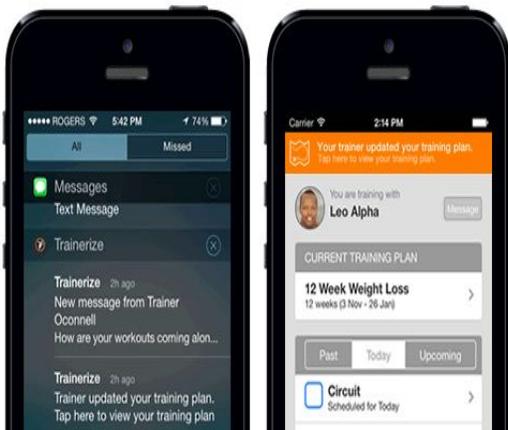


Weight/Rep workouts, Interval & Circuits

I can design Interval workouts with a built-in timer, rest periods, and voice-over audio. Let me know if you are looking for strength, size, get lean and ripped or any other goals.

Monitor your progress

I receive notifications and can analyze all areas of your program; before-and-after photos, body stats, heart rate, body fat, nutrition, personal bests, graphs, strength gains and make changes if I see a plateau.



Messaging

I keep clients engaged through messaging and reminders

In-app messaging & Client Notifications

I can send & receive messages through the app and you will receive mobile app notifications reminding you to do your workouts and check-ins, this really helps with accountability and results.

FEES: Since this is a new service for me, I am offering a discount for the first 5 people that sign up. People that pre-pay for 6 months will pay \$100/month, people that pay month to month are charged \$150/month. Everyone gets a \$25 discount the following month for referrals.

You read it this far, so click below for more details & fees

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See how the app works <https://vimeo.com/180094182>