

Avatar:

- **Intimidated by other gymgoers**
- **Lack of motivation**
- **Setting unrealistic goals**
- **Confused about how to use equipment**
- **Lack of support and accountability**
- **Tight schedule**
- **Fear of injury**
- **Feeling out of place in the gym**

YOUR DREAM BODY, A STEP BY STEP GUIDE

How our coaches can help you transform yourself, feel better than ever,
and make you feel at home in your body

Getting started in the gym can be scary, everyone has been there, and it's completely normal.

When you think about stepping into a gym for the first time, thoughts like these might be plaguing your mind.

- **Being judged**

- Getting injured
- Confused about what to do
- Feeling misplaced in the gym
- Not staying motivated
- Working out alone

We're here to help you conquer your fears
and CRUSH your fitness goals.

With the end game being that you head to the gym with absolute confidence, Feeling better than ever!

After all the gym is a place for you to work towards the *best* version of yourself.

We're just here to help you along the way.

There is no such thing as super human, but with the right plan and dedication our previous clients have made CRAZY progress, meaning you can too, FOR SURE.

Progress that looks like this:

[testimonials with images]

Most of these transformations were made in a few months, MONTHS?!, I know, It takes a while and I'm not going to sugarcoat it, it takes a long time to get in fantastic shape, but nothing good comes easy.

And having a healthy body and the admiration of friends and family is the best feeling **anyone** can have.

How are we going to get there? Let me show you.

Let's take it from the top down, you will get the following helplines.

- A personalized workout program.
- A personalized nutritional plan.
- In-depth tutorials on proper form.
- And last but not least, a training partner and personal trainer.

One of the biggest fears faced by ANYONE getting started in the gym, (myself included) is going alone.

Going to any new place by yourself makes you feel uneasy and the gym is no different, so to combat this and get your foot in the door, (figuratively, and literally) you won't be going alone.

You will be joined by one of our qualified, experienced, uplifting, and all-around awesome personal trainers.

Their job is to make you feel at ease at all times and be that helping hand whenever you feel stuck or lost.

**Doing anything is easier in a team of 2,
especially if your teammate is experienced.**

So together you will personalize your workout program, diet plan, and exercise together, focusing on technique and avoiding injuries.

Do not worry about getting worked till you drop, this isn't Navy Seals training, it's not necessary and takes all the fun out of it.

This is where most beginners fail, working themselves to the bone and *understandably*, giving up.

We focus on sustainability in the gym, not getting results as *fast* as humanly possible.

So we put extra care into creating an environment that encourages beginners into the gym before it's TOO LATE, before you stagnate and your peers leave you in the dust.

When you get started you will meet up with your personal trainer at your gym of choice, (if you don't know which one is best we can help you choose) during this first day you will NOT be working out, I know, it sounds crazy but hear me out.

All you will do is make a plan about why, when, and how you will be exercising, this way you have a clear path in front of you, and can focus on getting in the best shape of your life.

This day also serves to get you familiar with and comfortable in the gym, that way any nerves about a new environment are gone when we start witting the weights.

With a plan tailored to your personal needs, and your training partner by your side you WILL succeed, if you show up and do the work, progress will be made, **guaranteed.**

But that is also the one caveat, doing the work

“we’re either getting better or we’re getting worse”

-David Goggins-

(Google him for some motivation, unbelievable)



Words to live by, you need to decide whether your life is going to continue getting *better* or continue to get *worse*.

You can have a life of fulfillment and a fit body, or you can have a life of regrets and a body that is punishing you for your unhealthy lifestyle.

And that all hinges on a single thing, **your willingness to work**.

[So let's get to it.](#)