

Ross Irving Free Value

This is some free value I've created for an online fitness coach. It is a mini sales page that highlights the benefits of his online coaching. I've experimented with the Headline and first section. Let me know your thoughts.

The target market is men and women in their 20s and mainly 30s.

Personal Trainer. Nutritionist. Online Coach.

No more progress in the gym? Stuck in a cycle of disappointment and frustration?

I've been you.
Now, I'll help you:

Lose fat.
Or
Gain muscle.
Or
Optimise your lifestyle.
Or
Prep for your competition.

Guaranteed.

Enquire Today

I Know What It's Like To Stumble Through Fitness and Fall
Short of Your Goals

I've struggled to put on muscle.

I had trouble getting my diet optimised.

Name any fitness mistake, and chances are that I've committed it.

But we learn from our mistakes, and I sure as hell learned from mine!

I've taken everything from over the years and used it as the foundation for mine and my clients transformations.

After a decade, I'm confident that I have the knowledge to help anyone (and I mean ANYONE) on their fitness journey.

Take a look for yourself..

*******INSERT RESULTS*******

After helping hundreds of clients crush their fitness goals, I've developed a system that targets your specific needs and uses every tool at my disposal.

I ensure that your success is all but guaranteed.

Whether you're trying to lose fat, build muscle or get prepped for a comp - I've got you covered.

Enquire Today

Why Choose Me?

My online coaching takes the holistic approach, covering all aspects of your health, including:

- ❖ **A tailored diet plan.** Don't let restrictive diets and misconceptions hold you back. I'll ensure that you'll be able to enjoy the food you eat, with a sustainable meal plan customised for you.
- ❖ **A tailored training plan.** You need to train with a purpose, and each individual's purpose is different. Hence, we select the right plan for you that'll maximise your results.
- ❖ **Cardio plan.** Often overlooked, cardiovascular health is fundamental to staying fit and I help you incorporate it and actually enjoy it!
- ❖ **Supplement recommendations.** I only suggest high quality products for my clients, and base my suggestions on YOUR specific needs.
- ❖ **Exercise demonstrations.** Gain instant access to 100s of demos, where I show you exactly how to perform each and every exercise in your training plan.

Still looking for some extra assistance? Keep in touch via regular **Zoom calls** too. Or, why not connect with like minded individuals within our **Facebook group**!

I'll be with you every step of the way.

Use every opportunity to call upon my experience, getting you to your ideal version of health as efficiently as possible!

- ❖ Weekly video check ins
- ❖ Daily check ins
- ❖ Email and Whatsapp support
- ❖ Responses within 24 hours
- ❖ Bi-monthly in person execution camp

I've curated a system that ensures your success by distilling everything I've learned over the last decade into the essentials.

With our partnership, you'll know **exactly what to do** and **exactly when to do it**.

Hundreds of people like you have trusted me with their fitness goals.

*******INSERT TESTIMONIALS*******

Are **you** next?

Will you **finally** stand headstrong, ready to transform your physique and how others see you?

Get Started

*******INSERT FAQs*******

Still Unsure?

Why not send me a message directly with your question, and I'll get back to you as soon as possible!

*******INSERT CONTACT INFO*******
