



Metabolic Strength: Your New White Label Workout Program

For this month's theme we're rocking out **METABOLIC STRENGTH** workouts.

What is Metabolic Training?

Metabolic training combines strength training with cardio-based intensity, working multiple muscle groups at once and keeping our heart rate elevated throughout the workout.

This means we're building lean muscle while burning calories—both during the workout and long after it's over! By focusing on compound movements that engage our whole body (like squats, presses, and rows), metabolic training boosts our metabolism, helping us burn more fat even when you're resting.

The sessions are short & intense (under 30 minutes), and use just a few dumbbells.

As with all blocks, you have access below to 5 follow along workout videos, as well as the editable success guide & trackers. Questions at any time? I'm always here and happy to help!

Start Here: Program Assets

Here's what you'll use to deliver and launch the Metabolic Strength Program:

[Download the Metabolic Strength Workout Videos](#)

Full-length, follow-along workouts. Download from Google Drive and upload to your own secure platform. Please keep videos private inside your membership, app, or client portal.

[Grab Your Editable Video Thumbnails](#)

Canva templates ready for you to brand. Add your logo, adjust colors/fonts, and give your videos a clean, professional look.

[Download the Client Success Guide + Trackers](#)

Your done-for-you client resource including program guidance, weekly focus, calendar, and workout trackers — designed to boost consistency and engagement.

[Access the Program Intro / Trailer Video](#)

Use this video to help introduce your crew to your new program, and give them a heads up on what to expect through the month.

How to Get Started (Quick & Simple)

Most coaches launch **Metabolic Strength** in this order:

1. Upload the workout videos to your private platform
2. Brand the thumbnails in Canva and attach them to your videos
3. Brand (if desired) and upload the Client Success Guide
4. Choose a start date
5. Share the launch post below with your community

Once these steps are complete, **Metabolic Strength is officially live** in your business.

From here, your role is to encourage consistency, celebrate effort, and support your clients as they build strength and momentum.

Bringing Metabolic Strength to Your Community

Here's a detailed, ready-to-share post you can copy, paste, and personalize:

  **METABOLIC STRENGTH IS HERE!**  

I'm excited to invite you into **Metabolic Strength** — a strength-focused program designed to help you build muscle, boost endurance, and feel powerful in your body.

This program is all about:

-  smart strength training
-  continuous movement for results
-  building confidence through consistency
-  workouts that feel strong and effective

Inside Metabolic Strength, you'll get:

- ✓ guided strength-based workouts
- ✓ time-based sessions that keep you moving
- ✓ options to meet you where you're at
- ✓ a structure that supports progress without overwhelm

Workouts are designed to help you feel challenged, capable, and energized — not exhausted.

We'll train together consistently over the next few weeks, focusing on strength, momentum, and showing up with intention.

If you're ready to lift, move, and feel stronger from the inside out...

 **comment or message me to join Metabolic Strength!**

Delivery Options

Metabolic Strength is flexible and easy to integrate into your business. Use it:

- Inside a membership or app
- As a standalone strength-focused program
- As part of a results-driven training phase
- As an ongoing coaching option

You can run this program exactly as provided or layer in your own check-ins, encouragement, and community support.

A Note About Coaching Together

You'll notice I'm the trainer coaching your clients through the workouts — and that's intentional.

Think of me as your **online fitness specialist on your team**.

You bring the relationship, the encouragement, and the personal connection. I deliver the workouts with clear guidance, positivity, and energy — so clients always know exactly what to do when they press play.

Many coaches introduce it like this:

"You've got two coaches on this program — I'm here to support you personally, and Ro is guiding the workouts on screen. So when it's time to move, just press play!"

That's the type of combo that feels professional, energetic, and *totally supportive* for clients.

Your Role as the Coach

Your leadership is what keeps clients consistent and engaged.

Your encouragement, check-ins, and presence are what keep people showing up and feeling supported. When clients press play, the workout is already taken care of — and *you're the one cheering them on between sessions*.

Your connection, energy, and celebration of their efforts are what make this program a success.

Want Extra Support Promoting This Program?

Your **Metabolic Strength** purchase includes all the workout and client-facing assets you need to run the program.

If you'd also like done-for-you marketing and launch support, there's an optional **Metabolic Strength Strategy Pack** available that includes:

- promotional posts
- workout summary videos
- content ideas
- a lead magnet to help drive sign-ups

All assets are fully editable and white label — just like your workouts.

👉 [Learn more about the Metabolic Strength Strategy Pack here >>](#)

Your COUPON CODE for the Strategy Pack

Because you already own the **Metabolic Strength** workout program, you're invited to add the **Metabolic Strength Strategy Pack** at a special owner-only rate of \$49! That's a significant thank-you savings!

Use code: **ProgramBonus**

Please note: This strategy pack bonus is valid for one-time use per client

The strategy pack is optional - and it's here for coaches who want a little extra support on the marketing side.

Want a brand-new program delivered to you every month?

If you love how easy the **Metabolic Strength** is to run, you might enjoy the **Monthly Playbook**. Each month inside the Playbook, you receive:

- a brand-new white label workout program
- done-for-you client assets
- optional marketing support
- fresh energy to keep your community excited

It's designed for coaches who want consistency and momentum without having to constantly plan what's next.

You're invited to learn more about the [Fitness Business Monthly Playbook here >>](#)

Want a Done-For-You Fitness Business Website?

If at any point you'd like your programs professionally uploaded, organized, and branded inside a complete fitness business website, there's an optional done-for-you solution available through OnlineWorkoutClub.com.

This option is simply here for coaches who want everything set up in one place, already done and ready to share, today.

Learn more about the DFY Solution through the [<>>](https://OnlineWorkoutClub.com)

A Quick Licensing Reminder

These white label videos and assets are licensed for use **inside your private coaching platforms only**.

Please do not post publicly or share access links outside of:

- Private client Facebook groups
- Membership sites or apps
- Password-protected client portals

Keeping this content exclusive protects its value for all coaches. Thank you :)

Need Help or Have Feedback?

You're never doing this alone.

Whether you need help with links, Canva files, positioning, have questions, or you just want to share a win — I'm here for you. Reach out anytime! I truly love hearing from you!

hello@whitelabelworkouts.com

And don't forget to hop into our [Facebook Group](#) to connect with other coaches, get ideas, and celebrate progress.

Got feedback on the program? We'd LOVE a Google Review! [Submit your review here >>](#)

You're Ready to Lead with Strength

You've got everything you need to deliver a strong, effective, and professional **Metabolic Strength** experience for your clients.

Make it yours.

Bring your energy.

And as always — I'm cheering you on.

And if you need anything along the way — I'm here and I truly LOVE to help out. Reach out anytime!

Xo,

Ro Little

Founder + Your Online Fitness Specialist

WhiteLabelWorkouts.com