

Client - Online fitness coaches offering courses/online training

Prospect : LouisbakerstroudPT

Compliment:

Avatar - John, 37, wants to lose weight and gain muscle definition to improve his body composition and gain confidence

Instagram caption

Getting to your fitness goals is a direct result of turning INTENTION into ACTION

Intention is a cheap release of dopamine that we all experience when we tell ourselves that we are going to lose that 10lbs or actually pack on some muscle

You start off motivated to hit the gym 5 days a week, stick to that diet and ready to build that summer body

Soon enough, the initial excitement fizzles out and our consistency goes out the window

Before you know it Another week, month and year passes us by and zero progress has been made

Does this sound like you?

Do you wonder what it is that allows certain people to effortlessly succeed and achieve their fitness?

The secret ingredient is ACCOUNTABILITY

Circumstances and the curveballs that life throws at us can make it hard to keep ourselves accountable

You don't have to go on your fitness journey alone

Our community offers a support network that aims to keep you accountable every step of the way

The secret ingredient to crushing your fitness goals is accountability

Motivated, excited and eager is how most of us start off on our fitness journey

Before you know it the consistency fizzles out and that goal of getting shredded has to be delayed for another year

All too often we promise ourselves we're gonna stick to that training program or diet plan and before you know it, our summer body has to be next summers body

The key is having a support network of likeminded individuals pushing eachother to be the best version of ourselves

Our personal training programs comes with the added benefit of being in a community full of likeminded people to keep you accountable every step of the way

Along with being an exclusive member of the private community, our coaching offers include:

Full workout program for cutting and bulking ✓

Tailored meal plan with a checklist of what foods to buy ✓

Daily check-ins and weekly 1-1 calls to keep you on track ✓

Detailed exercise tutorials AND form analysis ✓