



A “Day In The Life” with JG Physique

How Our Clients Are Dropping 25-35lbs IN 90 DAYS and rediscovering their prime using our system

We have been asked repeatedly about “what does it actually look like as a client?”

Recently a prospect sent in a few questions and I decided to compose a “day in the life” email to adequately explain the in’s and out’s of this amazing program. You can read the contents below.

I thought it would be helpful to provide you with an overview of what one can expect from the program.

We’ve worked laboriously to ensure our coaching program has all the elements needed to make success an absolute certainty for our clients. Yet, we’ve made sure there are not too many competing elements so as to avoid confusion and overwhelm.

In the end, a client’s results come down to two things:

1) Utilisation

2) Implementation

They must utilise the depth and breadth of support available to them (which is outlined below). They must be proactive in requesting and securing what they need at the moment they need it.

And of course, they must implement. As in, complete what they are instructed to do - they must actually go out and do.

Without these two things, no matter the calibre of the program, you cannot and will not enjoy the benefits or the results that our clients experience. Which brings up an interesting point...

People ask us, “ Are there any clients who don’t get the results you promise?”

Maybe to your surprise, the answer to this is very simple.....the science works if you work. If you adhere, you win. PERIOD. There is a reason why we have 100’s (genuinely 100’s) of video & photo testimonials to demonstrate the

effect of adhering to the science. (You are no exception to the rule). If you 'don't turn up', you will not get the results.

The Day-To-Day

First, an overview of the elements, of which I will go through in the following order

- Onboarding
- Nutrition and Accountability
- Training
- Communication and Support
- Lifestyle and Behaviours

It is important to us that our clients aren't simply 'thrown in' to a complex environment without first understanding where their ambitions are and what they hope to accomplish together.

Also, depending on their current status in health, body, confidence and fitness, we will 'customise' the process and the program to meet them where they are and accelerate them to the desired results.

We do this on Onboarding.

The very first thing a client will do, upon acceptance & enrolment is complete our digital assessment forms.

We will gather information such as:

- 1) Health Attestation / Medical PARQ
- 2) Eating Behaviour Screening
- 3) General Wellbeing Assessment

4) Lifestyle Management Report, Time Audit etc

5) Physique Photos

6) A Current MyFitnessPal food log (homework)

7) An Overview of Current and Past Training Habits

After this has been returned, the next 1-on-1 call will be scheduled with one of our coaching consultants.

This is not some random guy off the street. We retain the highest level service providers in the UK. Right now, we have myself (James) & Greg.

This on boarding assessment and first 1:1 coaching call (The Blueprint Strategy Session) aims the arrow so to speak, and lends a lot of clarity for the client on the path to focus on and what to do next.

We will diagnose the problem. It's essential that we do this, and have this process so that we can then prescribe an accurate sequence for the client to follow.

From this call, the client is then given instructions on what to do and have got clarity on exactly what's going to happen in the coming weeks and months.

Their nutrition setup is going to look something like this; we have two parts at least to the nutrition side of things. We have the information. The 'this is what you need to do'. Then we have the implementation and accountability side of things.

The client gets clarity on where they need to be with their calorie and macronutrient intakes, daily and weekly. They already have the diagnosis as to why things were going wrong.

We provide them with resources to help them with their planning. We educate you on how to build and structure your nutrition.

Now, results come down to two things. Utilisation and implementation.

Taking the information and doing NOTHING is a shortcut to nowhere.

Here's the golden nugget - you won't get this anywhere else. After you have done your food planning for each day, you will check in with us daily. You will be having one of our consultants work with you daily.

Again, utilisation and implementation. The secret keys to getting results out of our team and our program.

The First 7-14 Days

During the first 2 weeks, you're going to be quickly up skilled in nutrition and training. We aren't going to be hanging around. 95% of clients have an immediate result in 7 days.

UTILISE. IMPLEMENT.

After delivering results to over 1,000+ clients, we've orchestrated a nearly perfect sequence to almost guarantee success.

Your 'One On One'

Every client is assigned personally to one of our consultants. This person is in a place to ensure a world class experience for the client and also to act as a 'connection point' between the client and all of the resources and assets available to them during the program.

For instance, we offer unlimited 1:1 support to all clients, in all of the areas outlined above. We have real coaches who have been in similar positions to you before, who understand where you are and that are here to guide and support you.

The consultants will facilitate these 1:1's upon request from the client. NOTE: it needs to be said that we are nothing if not client-centric, hellbent on results, and nothing else matters quite as much as getting clients to a position of control, freedom and stability.

Results.Results.Results

That's the goal. Some people would rather work with someone who will validate them, sing pretty songs, tell stories to help them fall asleep at night, and email them about how pretty they are...well, we can recommend coaching programs like that, but a) they will not deliver results and b) that is not our program...

We provide the world's highest level of support for the explicit purposes of having the highest percentage of success, and having the happiest & most successful clients in the world. We will tell you that you're pretty after you do your f**king work ;)

That said, most new clients come in and are absolutely blown away by how caring and 'invested' we are into seeing them succeed. In addition, we offer a very rare thing in that there are so many different forms of support and 'access', and clients get pretty much whatever they need to get results.

“How Much Will I Talk To My Coaching Consultant?”

This is a question we get quite a lot so I'll answer it here.

This is where we shine as a bright beacon in the fitness industry, as a “hybrid” done-for-you slash done-with-you type of model that focuses on transference of skill...leaving the client in complete control of their health, nutrition, fitness and results both during AND AFTER their client journey.

We can't do this for you. We can't go to the gym and do your workouts. We can't come around your kitchen and cook your food (it's been requested!!!!).

One of our favourite things to do is to be involved in the process with clients.

The support that we provide via FB messenger, email, voice calls, video calls is unlimited. Particularly at the beginning, we will chat everyday!

The feedback from this program is almost hard to believe.

But, you must be prepared to work and get results ;)

I hope this helps give you clarity on what it's like on the 'inside'

Let's get some client results.

James.

‘What have our current and past clients got to say?’



Brett Fidge

★ Owner / Director of Liverpool's #1 HMO-Management Agency, Now Rooms Liverpool ★

January 10, 2020, Brett was a client of James'

I have been getting coached by James for 6 weeks now.

When I first met James I was, 85 kg, doing zero exercise, waking up at 8/8.30am, eating a couple pieces of toast for breakfast, working 12, 13, 14 hours a day with no lunch (most of the time), and getting home late, therefore over eating and not sleeping well.

Now - after 6 weeks of coaching, I am waking up 5.30 am, training 5x days a week (and loving it), eating 4x healthy meals a day. I am now 80 kg, I've have gone down 2x belt sizes, I'm seeing muscle strength and definition that I have never had before. My energy levels are at an all time high (despite waking up 3 hrs earlier).

Most of all, my discipline and focus that I have been developing in my personal life has impacted my professional life (my businesses) immensely - I am getting more done in less time and with less effort, because I am focused and disciplined!

I would HIGHLY recommend James as a health and fitness coach to ALL busy professional men who are limited on time (like I was) and looking to make serious and FAST changes to their life style, fitness and physique.

James really does know how to work around any busy schedule and get you the results you are seeking - despite whatever restraints you think you have, James will find a way!

James a pro, this is what he does!

[See less](#)



Mark McIvor

Marketing, Business Speaker, Property Investing

May 13, 2020, Mark was a client of James'

Working with James was awesome!

I quickly lost weight, regained lots of energy, achieved my fitness goals, and created a physique as well.

James is a professional through and through and prompted me every step of the way. The program is great and quickly shows results but for me created a sustainable way of life that I can now maintain and that continues to deliver back to myself the look and body i want.

I highly recommend James and the program.

Feel free to drop me a line if you have any questions on going forward with him.

You wont be disappointed! [See less](#)



Joe Woodhouse

Passionate in helping families such as my own protect and secure their financial future.

April 26, 2020, Joe was a client of James'

Where do I start, Ive been a client of James's for 9 month and in this period I have lost 27kg in bodyweight and 16 inch off my waist. I am not only much physically stronger and fitter, but mentally I am in the best shape I can ever remember, I have so much more energy and focus, and this is showing in not only my business but also my family life. I am sleeping better and seem to have gained an extra couple of hours every single day. He has put a solid foundation and structure in place for me to follow step by step to ensure I am at my very best day in day out, it really is simple the way he maps it all out and he's always on call should I have any questions or guidance.

I can't recommend James enough if you want to make a positive change in your life [See less](#)



Michael Odendaal

Director at Odendaal Homes Ltd

April 28, 2020, Michael was a client of James'

James is a fantastic coach who has put together a well structured program that isn't just a generic diet and fitness plan, but a customised approach to help individuals achieve their individual goals in an efficient manner.

My goal was weight loss and during my year with James I have gone from just shy of 140kg to a steady weight of 120kg, which helped me to reach a weight I hadn't been since I was in my late teens/early twenties (so over a decade).

His approach is systematic, scientific and designed not just to starve the body of fat but to build muscle at the same time, meaning that, whilst losing weight, my strength and overall fitness increase dramatically. As a result of this program, I was able to take up Park Run and have run in two 5k races having never been able to run more than a mile before. I have also signed up to a White Collar Boxing challenge, which sadly has been delayed due to the current situation but I am still very much looking forward to. I would never have thought I could do that this time last year.

I can highly recommend him to anyone who is looking to improve any element of their fitness and can only thank him for helping me to get to this stage. [See less](#)


James Pinches

Student at The Open University

June 30, 2019, James was a client of James'

An absolute pleasure to work with this true professional! My journey has been incredible to say the least! The results so far are insane and I enjoy every day of my programming. James is available to support me to overcome any issues whenever I need it. He is by far the most knowledgeable and helpful professional I have ever had the pleasure to meet. [See less](#)


Greg Rollason

Learning and Development Specialist

July 13, 2019, Greg was a client of James'

James is a coach with a thorough approach and a deeper understanding of coaching than most others in the business. He is meticulous in his planning and his programming has allowed me to focus on hitting my goals in the gym, and building a physique that is what is required for my career. He has modified my mental state, making me mentally tough and more resilient to knock downs, making me strong to bounce back and fall forward. I cannot recommend his coaching, his personal approach and his attention to detail anymore. [See less](#)


Ben Bladen

Systems Engineer at Howmet Aerospace

July 5, 2019, Ben was a client of James'

I have been part of James' program since January 2019. He has helped me with not only my physical appearance but also my outlook on life. Now I am more confident and positive, and weigh a lot less! JG is an absolute master in his field, and there are not many out there that dedicate their time to clients as James does. Having someone as motivating and knowledgeable as James really helps me in striving to better myself both physically and mentally. I have tried many times in the past with no success yo-yoing between diets and programs. This is the only one I have stuck too! Filling out the JG Physique application form was probably the best thing I have ever done for myself. Thank you James for everything that you do on a daily basis! Legend! [See less](#)


Rav Jaspal

Fleetmapping Manager at Motorola Solutions

July 24, 2019, Rav was a client of James'

I have been working with James for a number of months now. James is superb in what he does and always strives for excellence and perfection. He is extremely committed and hard-working. This dedication is without doubt what makes him a specialist in his field.

I believe his work is pioneering and specialised to each individual he works with. I cannot recommend James highly enough. [See less](#)


Mike Clarkson

Sheet Metal Fabricator at V A Technology

June 30, 2019, Mike was a client of James'

JG Physique and The Pack has given me the opportunity to reach my 2.0.

It has been a non-stop, relentless support group to keep my motivation high and help me get to the bottom of issues that in some respects I didn't know I had (or I was denying).

I feel much more confident in social situations and talking to people, both strangers and friends....

I feel healthier in both mind and body and my strength is growing every week. I now have the confidence to pursue my dream vocation as a nutritionist.

This is due to ensuring we hold ourselves accountable and enforcing the three fundamentals....

This type of mind/body training is a great concept and the perfect combination for both me and the other brothers in The Pack.

I love the way we are/were all from the same sort of background/situation, there is no judgement to have, just full on support and care.

JG is a true legend, who has helped me change from basically a wreck with no self esteem, nor confidence, back to a human being.

[See less](#)


Paul Cranfield

Head of Demand Planning for Western Europe & Emerging Markets at Merck Millipore

July 4, 2019, Paul was a client of James'

Hi, here's 3 reasons why I would recommend Jamie to you:

He provides you the tools to achieve your goals: I was given a clear and easy to use plan to follow for both the gym sessions and a nutritional guide as to what to eat. Tools to aid my workouts, track my progress and monitor improvements over the weeks.

He helps get you the results: Working with Jamie I was able to drop 11 kilos in weight. I was so pleased. This helped me with my Type 1 Diabetes but more importantly my mental wellbeing. I felt happier, I was in better shape, giving me greater confidence within myself.

He's a great person: He has extensive knowledge and experience, he knows his stuff. Jamie was always on hand to provide help and support. He will push you when you need it, has patience with you when teaching you new stuff, but importantly, keeps it fun and interesting. On top of all this, he's a really great guy!!

[See less](#)



