

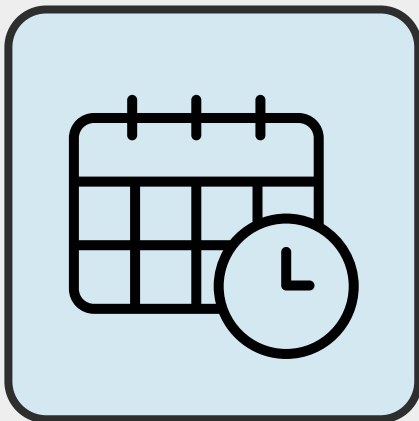


PROGRAM OPTIONS

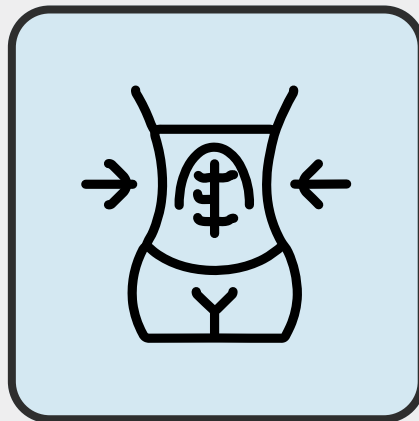


Women Tone

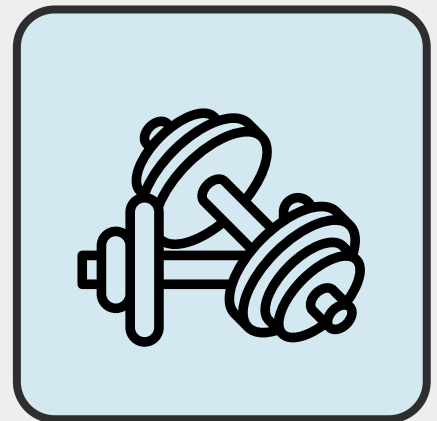
Maintain muscle mass and burn fat to show off the definition you've developed.



3-6 DAYS PER WEEK



BURN FAT



GYM REQUIRED

IS IT FOR ME?

This is for you if you are looking to get bikini body ready for the beach and be toned year round! If you are just getting back into a groove, or haven't spent at least a few months developing muscle, I recommend starting with the Women Strong program to shape your body prior to cutting down. A lot of gals want to be toned, but they forget that building muscle is the most important part of becoming toned!

WHAT CAN I EXPECT?

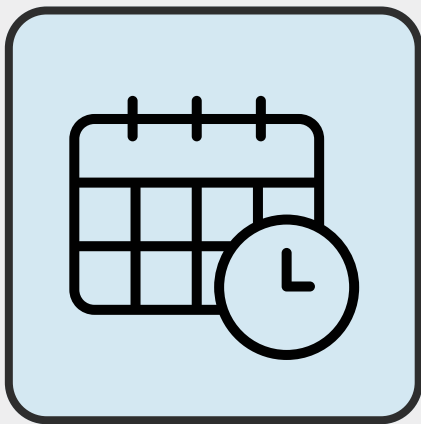
Shed unwanted body fat with bodybuilding style workouts, combined with minimal cardio and a slight caloric deficit is what the Tone program is all about. Reap the benefits of supersets and reduced rest times to improve cardiovascular performance for burning fat without sacrificing muscle.

HOW DOES IT WORK?

All of the workouts will be accessed through the app. Within every workout, I clarify sets, reps, rest time, and other important cues. There's video demonstrations for every movement to ensure you're doing it correctly. I create a new training phase every 4 weeks to provide you variety, and to ensure your results don't stall!

Women Strong

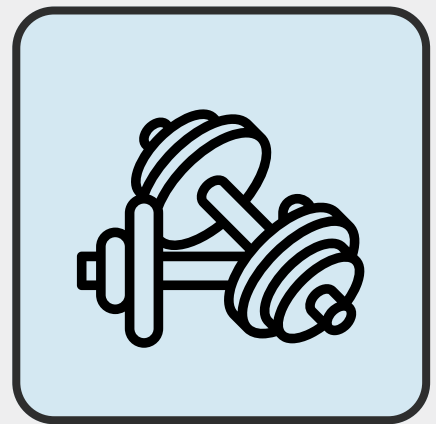
Get stronger, build muscle, and shape your best looking body!



3-6 DAYS PER WEEK



BUILD MUSCLE



GYM REQUIRED

IS IT FOR ME?

This is for you if you are looking to build muscle, get stronger, and develop your metabolism to make long term fat loss easier. It's time to get stronger, shape your booty, and gain confidence.

WHAT CAN I EXPECT?

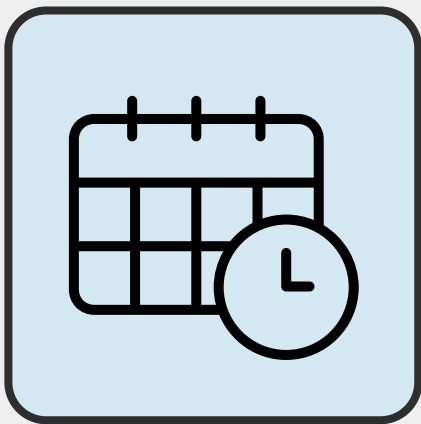
A pure focus on combining weight training with a caloric surplus is what the Strong program is all about! The program will alternate between strength and hypertrophy training phases, combining unique training strategies to expedite muscle growth. If you put in the work and eat correctly, you'll see insane results, plain and simple.

HOW DOES IT WORK?

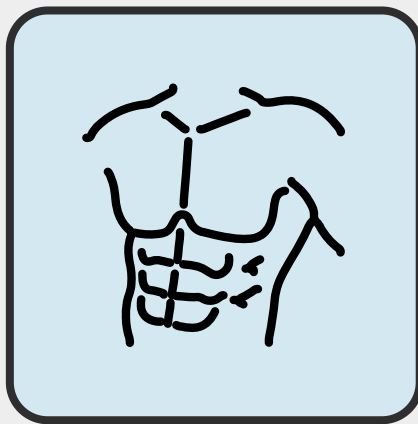
All of the workouts will be accessed through the app. Through strategically adjusted tempo, rep ranges, and exercises you'll get the best results of your life. There's video demonstrations for every movement to ensure you're doing it correctly. Training protocols will change every 4 weeks to provide you variety, and to ensure your results don't stall!

Men Shred

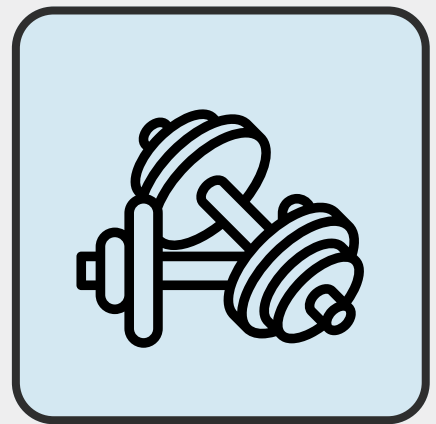
Maintain muscle mass and lean out to your best looking physique.



3-6 DAYS PER WEEK



BURN FAT



GYM REQUIRED

IS IT FOR ME?

Are you looking to transition from a bulking phase to getting lean, so you can confidently take off your shirt, brother?! If so, this is for you! If you are just getting back into a groove, I recommend the Men Swole program to build muscle prior to cutting down.

WHAT CAN I EXPECT?

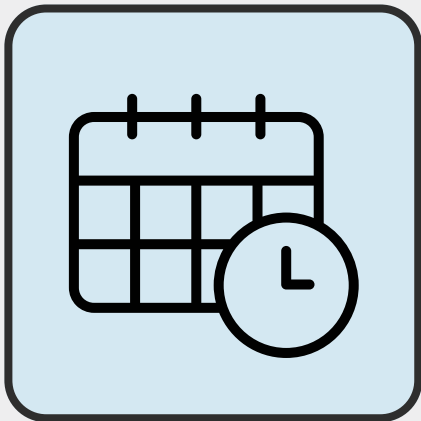
Shed unwanted body fat with bodybuilding style workouts, combined with minimal cardio and a slight caloric deficit is what the Shred program is all about. Reap the benefits of supersets and reduced rest times to improve cardiovascular performance for burning fat without sacrificing muscle.

HOW DOES IT WORK?

All of the workouts will be accessed through the app. Within every workout, I clarify sets, reps, rest time, and other important cues. There's video demonstrations for every movement to ensure you're doing it correctly. I create a new training phase every 4 weeks to provide you variety, and to ensure your results don't stall!

Men Swole

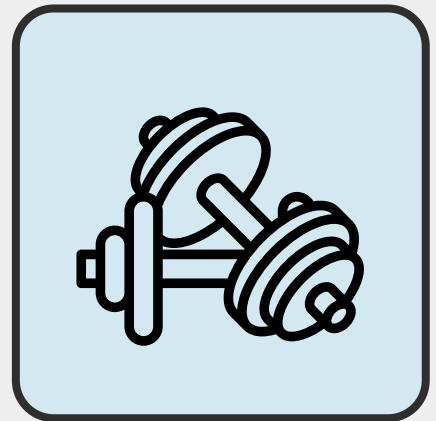
Build muscle, gain strength, and develop your best looking physique..



3-6 DAYS PER WEEK



BUILD MUSCLE



GYM REQUIRED

IS IT FOR ME?

Are you looking to build muscle, get stronger, and develop your metabolism to make long term fat loss easier? If so, this is for you, brother! It's time to put on size, get complimented on your arms, and gain confidence.

WHAT CAN I EXPECT?

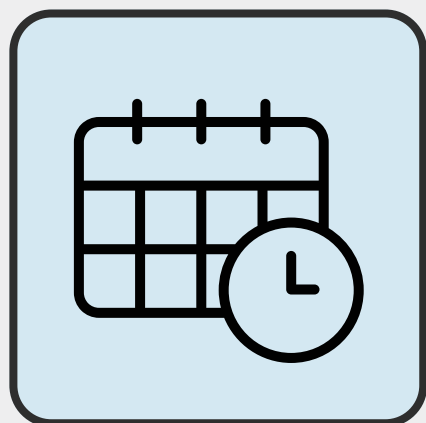
A pure focus on combining weight training with a caloric surplus is what the Swole program is all about! The program will alternate between strength and hypertrophy training phases, combining unique training strategies to expedite muscle growth. If you put in the work and eat enough, you'll see insane results, plain and simple.

HOW DOES IT WORK?

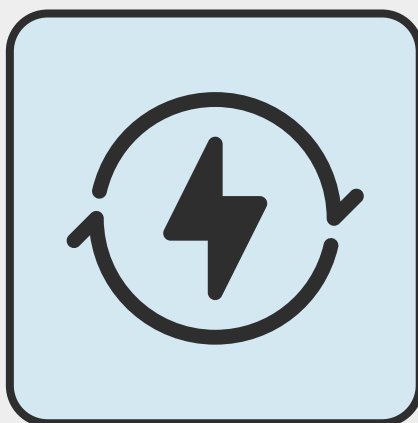
All of the workouts will be accessed through the app. Through strategically adjusted tempo, rep ranges, and exercises you'll get the best results of your life. There's video demonstrations for every movement to ensure you're doing it correctly. Training protocols will change every 4 weeks to provide you variety, and to ensure your results don't stall!

Dumbbell

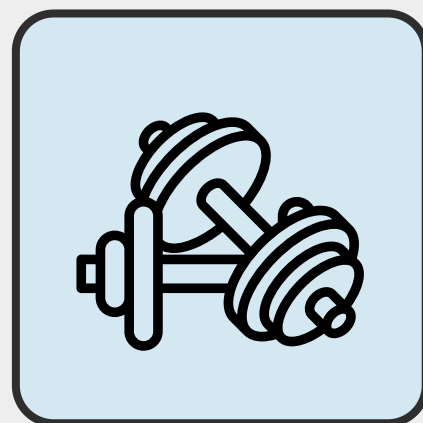
The most versatile piece of equipment. When used correctly, they work.



3-6 DAYS PER WEEK



EFFICIENT



DUMBBELLS REQUIRED

IS IT FOR ME?

This is for you if you are looking to optimize the use of your dumbbells at home! Most people get stuck in a rut with dumbbell training, but this will keep your body guessing. If you want the best muscle building results to develop more definition, I recommend having dumbbells up to at least 50lb.

WHAT CAN I EXPECT?

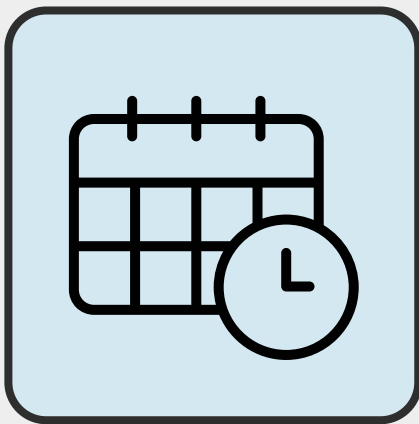
30-45 minute workouts with the option of doing “timer” or “reps” based workouts (or both). For example, you’ll be assigned 30 seconds of burpees, or 10 reps of burpees. Everyone within this program has different preferences.

HOW DOES IT WORK?

All of the workouts will be accessed through the app. If you prefer to do timer based workouts, you’ll hit start and the app will start a timer for you, including rest time. There’s video demonstrations for every movement to ensure you’re doing it correctly. I create new workouts every 4 weeks to provide you variety, and to ensure your results don’t stall!

Bodyweight

A perfect combination of resistance, cardiovascular endurance, and HIIT.



3-6 DAYS PER WEEK



EFFICIENT



NO EQUIPMENT NEEDED

IS IT FOR ME?

Are you limited on time without access to equipment? You're in luck! No workouts in the Bodyweight program should take you longer than 30 minutes. A perfect option for busy individuals without equipment.

WHAT CAN I EXPECT?

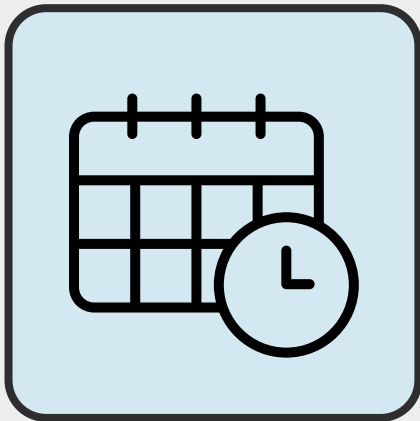
This no equipment necessary program combines multiple training variables to expedite fat loss. There are timer-based workouts and rep-based workouts. Be ready to sweat during these highly effective, efficient workouts!

HOW DOES IT WORK?

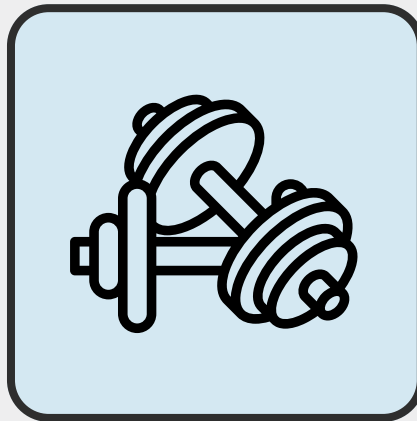
All of the workouts will be accessed through the app. If you prefer to do timer based workouts, you'll hit start and the app will start a timer for you, including rest time. There's video demonstrations for every movement to ensure you're doing it correctly. I create new workouts every 4 weeks to provide you variety, and to ensure your results don't stall!

Customized

Whatever your life demands, there's a perfect plan for you.



4 WEEK PHASES



100% PERSONALIZED



MONTHLY CHECK IN

IS IT FOR ME?

This is for you if you want something specifically designed for your current goals, abilities, lifestyle, and schedule. The above programs are highly effective, but they aren't for everyone. Maybe you want a hybrid style approach with some running incorporated, or maybe your equipment access is occasionally limited.

HOW DOES IT WORK?

You can expect a program that fits your life like a glove. This requires an additional \$50 per month, but you'll always feel confident with a program structured to fit your lifestyle. After signing up, I'll send you the initial questionnaire and when you choose "custom", I'll reach out to you to gather more details. Every 4 weeks you'll receive a form to provide me details on your upcoming month and other information.

If you are looking for a coaching experience with weekly check-ins, adjustments, and accountability, I recommend starting with the [Balanced Lifestyle Blueprint](#) program for 12 weeks. After going through this, you'll have developed a very strong foundation to be able to transition to one of the above programs! However, some individuals prefer to continue with the coaching. Whatever works for you!