

WELCOME PACK ...





ALFIE SPENCER
Master Trainer & Owner

WELCOME,

We pride ourselves on being the only true personal training 'app' out there. This isn't a fitness app.

We offer a digital 1-1 personal training environment.

We've made working out simple. Everything you need is in your pocket. The app will provide you with clear, video based personal training sessions where every exercise is carefully tailored to your specific goals.

Have access to online nutrition and fitness advice and a messaging service to stay in contact with me.

All you need to do is commit;
the app and myself will guide your every step.

Alfie

● ● ● HOW WE COMMUNICATE

We will communicate through the messaging feature within the App. There will always be a minimum of one weekly check-in to see how you are getting on with the program, your nutrition and anything else you want to discuss.

Please remember you can contact me at any time via the app. Ask anything, I am there to help you achieve your best possible life.

I would also love to hear how every session has gone, so once you've completed one, drop me a quick message this also keeps the accountability there.

HOW TO GET THE BEST RESULTS

Communication is key. The messenger feature in the app is there for a reason, communication between me and you is essential. The more I know, the more I can help. Initial questions will explore your goals, lifestyle, eating habits etc. From this I will set you weekly, fortnightly even monthly programs, dependent on your personal needs.



WHAT'S NEXT?

Firstly, thank you for taking time out to read your welcome pack, if there is anything you need, please don't hesitate to message me.

I'm looking forward to getting started with you and helping you find the best version of yourself.

Next steps; I will shortly be in contact with you with some initial questions in order to create you your very first tailored program.



FOLLOW US

The only App you will ever really need is the UP Strength Online Personal Training one. However, if you do have Instagram, Facebook or LinkedIn then please give us a follow [@upstrength](#), for the latest news, research, tips and fitness content and most importantly positive mindset affirmations.

Ok, let's get you started on the journey that will change your life forever...
I'll see you in the App.

