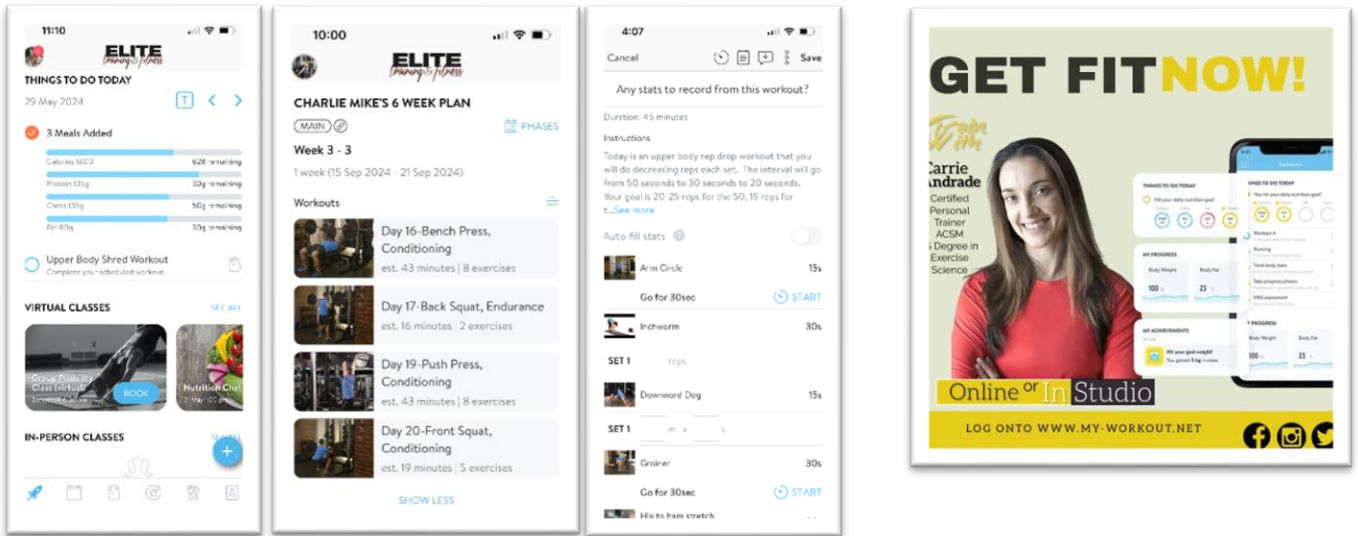
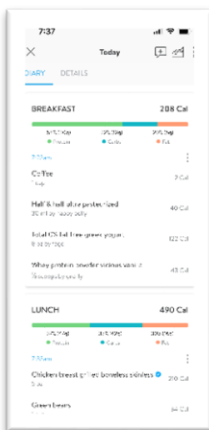


# Join my monthly fitness online program!



## How does the online programming work?

Joining my online program gives you access to my training app where I lay out the entire process for you. There are 3 strength workouts scheduled per week (T/Th/Sat) along with a live Chisel Sweat (cardio) class Monday evenings at 5:30pm, Pliability (stretching and mobility) on Wednesdays at 5:30pm, and our weekly nutrition chat on Fridays at 1:30pm. My program offers an overall approach to fitness. Being fit incorporates a balance of strength, flexibility, mobility, balance, cardiovascular endurance, stress management, and of course nutrition. Sometimes focusing on all of this can be a bit overwhelming, but having a trainer incorporating all this in one program will make the process much easier.



## Nutrition Tracking

I'll also provide you with a personalized calorie and macro target for the month based on your specific goals. The app includes a food log, which allows me to support you in making healthier choices as we align your nutrition with your fitness lifestyle. Every Friday, I host a live nutrition chat—if you can't attend, the session is recorded so you can catch the replay anytime. It's a great opportunity to get your questions answered live, but you're also welcome to send me questions throughout the week, and I'll address them in the chat as well.

|                                    |  |                                    |  |                                     |   |                                     |
|------------------------------------|--|------------------------------------|--|-------------------------------------|---|-------------------------------------|
| <b>Sunday</b><br>Rest and Recovery | <b>Monday</b><br>Chisel Sweat Live at 5:30pm or pre-recorded workout | <b>Tuesday</b><br>Strength Workout | <b>Wednesday</b><br>Pliability live at 5:30pm or pre recorded workout. | <b>Thursday</b><br>Strength Workout | <b>Friday</b><br>Cardio Workout of your choice.<br><br>Live nutrition chat 1:30pm | <b>Saturday</b><br>Strength Workout |
|------------------------------------|--|------------------------------------|--|-------------------------------------|---|-------------------------------------|

## F.A.Q

### 1. Do I have to follow the workouts exactly on the days schedule?

The workouts are designed so that everything is balanced, but I know things happen and you are able to move workouts to other days if anything conflicts with your schedule.

### 2. What if I have any questions?

I know this will happen and there is a messenger in the app to send me any questions you have throughout the program.

### 3. How will I know how the complete each exercise?

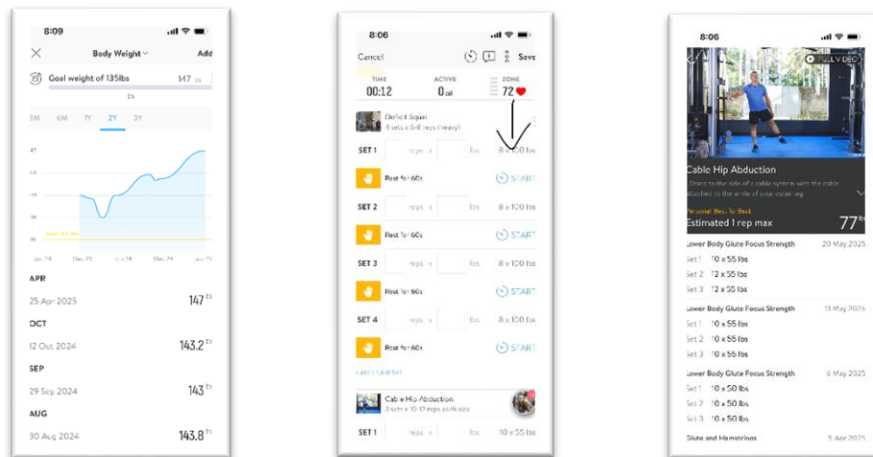
There is a video for every exercise I give to you in this program. You can also send me a video of you doing the actual exercise if you are not sure of your form.

### 4. Can I connect my smart watch?

Yes, there is a connection between the app and your watch to log all of your activities as well. So when you complete a walk/run/swim etc, as long as you record it on the watch it will transfer to your app so I can see your activities.

### 5. How do I see progress?

You will add before and after pictures right into the app along with any other measurements (weight bodyfat etc) to monitor your progress. You will also see your weights and reps change for exercises along the way as you will record your workouts as you go. When you complete and exercise again you will be able to see what you did last time in the data to the right. Or if you click on the exercise you will see a complete history.



So, if you are looking for an entire program that will help you increase your strength, keep you mobile, and help you tighten up your nutrition, I've got you! [Try it out FREE for 7 days](#) and see how following my monthly routines can be the key to getting on track and staying there.

AND...never get bored as these program change on a monthly basis!

