



TruFitGym



SUCCESS STRATEGIES



*Guaranteed
Results*

OR WE'LL GIVE YOU YOUR
OLD BODY BACK!



**SUCCESS
STRATEGIES**

INBODY ANALYSIS



**GO BEYOND
THE SCALE**

WHEN YOU STEP ON A SCALE
YOU CAN'T TELL HOW MUCH MUSCLE
OR FAT YOU HAVE.

GET A CUSTOM ANALYSIS OF
YOUR BODY'S FAT AND
MUSCLE PERCENTAGES. WE'LL
LOOK AT EACH AREA OF
YOUR BODY AND CAN
DETERMINE THE BEST
APPROACH FOR YOUR BODY.



TruFitGym



SUCCESS STRATEGIES

LEVELS OF BODY FAT

MEN

AGE	DANGER ZONE	HEALTH RISK	SOME HEALTH RISK	AVERAGE	ABOVE AVERAGE	GOOD	VERY GOOD
18-25	28-37%	22-27%	18-21%	14-17%	11-13%	8-10%	4-7%
26-35	29-37%	25-28%	22-24%	18-21%	16-18%	13-15%	8-12%
36-45	33-38%	28-32%	24-27%	22-24%	19-24%	16-18%	10-15%
46-55	32-38%	29-31%	26-28%	23-25%	20-22%	17-19%	12-16%
56-65	32-38%	29-31%	26-28%	24-25%	22-23%	19-21%	15-18%
OVER 65	31-38%	28-30%	25-27%	24-25%	22-23%	19-21%	15-18%

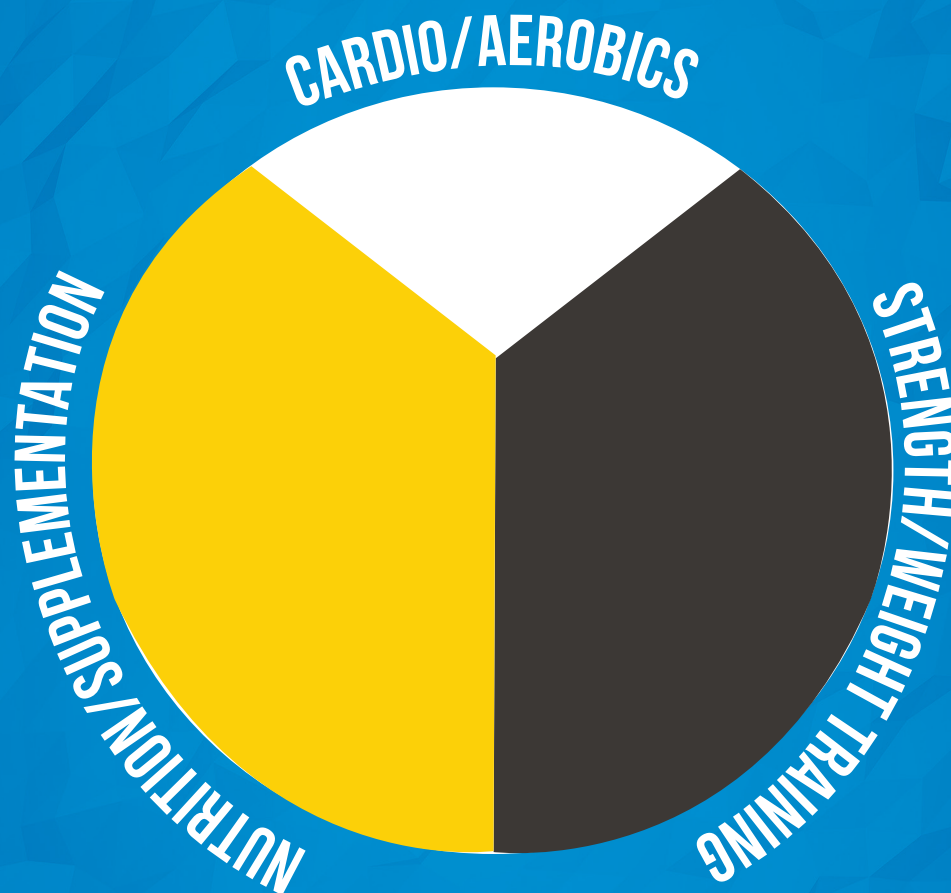
WOMEN

AGE	DANGER ZONE	HEALTH RISK	SOME HEALTH RISK	AVERAGE	ABOVE AVERAGE	GOOD	VERY GOOD
18-25	32-43%	29-31%	26-28%	23-25%	20-22%	17-19%	13-16%
26-35	36-45%	31-35%	27-30%	24-26%	22-23%	19-21%	13-18%
36-45	39-47%	33-38%	30-32%	27-29%	24-26%	20-23%	15-19%
46-55	40-49%	36-39%	32-35%	29-31%	26-28%	23-25%	18-22%
56-65	39-46%	36-38%	34-35%	31-33%	28-30%	24-27%	18-23%
OVER 65	39-44%	36-38%	33-35%	30-32%	27-29%	22-25%	16-18%



**SUCCESS
STRATEGIES**

THE BREAKDOWN



YOU MUST INCORPORATE ALL OF THESE COMPONENTS TO HAVE TRUE SUCCESS IN ACCOMPLISHING YOUR GOALS. EACH ONE HAS IT'S OWN DYNAMICS. WE ARE GOING TO COVER THE BASICS IN ALL OF THESE COMPONENTS TODAY!

FAT LOSS
MUSCLE GAIN
IMPROVED CARDIOVASCULAR
FLEXIBILITY

INCREASE KNOWLEDGE
INCREASE MUSCULAR ENDURANCE
MUSCLE TONE
IMPROVE STRENGTH

ATHLETIC CONDITIONING
LOSE INCHES
LOWER CHOLESTEROL
LOWER BLOOD PRESSURE



**SUCCESS
STRATEGIES**

CARDIO ACTIVITY



WHEN PERFORMING CARDIO OR AEROBIC ACTIVITY YOU
NEED TO STAY IN YOUR TARGET HEART RATE (THR).

**TARGET HEART RATE
(THR):**

THE OPTIMAL FAT BURNING AND CARDIO
ENDURANCE ZONE

**MAXIMUM HEART RATE
(MHR):**

THE MOST YOUR HEART CAN TAKE WITHOUT
HAVING A MAJOR PROBLEM OR FAILING

UNDER TARGET HEART



LOW EFFICIENCY

TARGET HEART RATE



**FAT BURNING ZONE!
CARDIO ZONE!**

OVER TARGET HEART



**MUSCLE BURNING
FAT RETAINING**



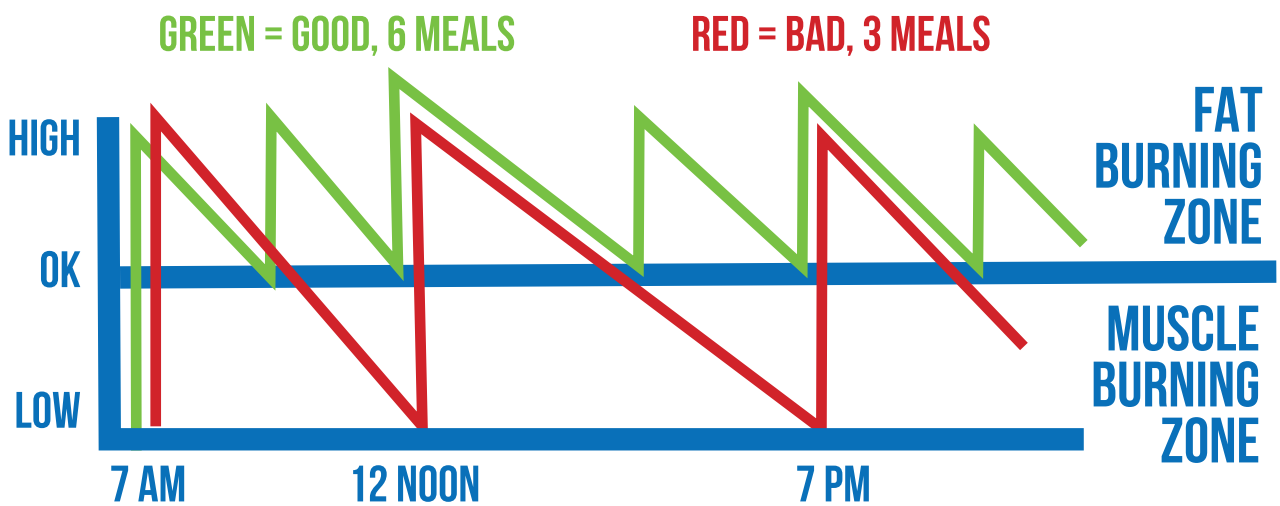
SUCCESS STRATEGIES

NUTRITION

IDEALLY WE SHOULD EAT ANYWHERE FROM 4-6 SMALL MEALS A DAY.

EACH MEAL SHOULD INCLUDE:

- ✓ A GOOD SOURCE OF LEAN PROTEIN
- ✓ A CARBOHYDRATE
- ✓ A GOOD SOURCE OF FAT



MULTIPLE SMALL MEALS THROUGHOUT THE DAY HELP FEED OUR BODIES THE NUTRITION WE NEED AND KEEP YOUR METABOLISM WORKING.

DAILY MEAL SAMPLE

BREAKFAST-EGGS AND OATMEAL

10AM-PROTEIN SHAKE

LUNCH-GRILLED CHICKEN SALAD

2PM-PROTEIN SHAKE

DINNER-FISH AND VEGETABLES



**SUCCESS
STRATEGIES**



TF Nutrition

TF NUTRITIONAL SUPPLEMENTATION

SUPPLEMENTATION HELPS YOU GET ALL THE NUTRITION YOU NEED WITHOUT ALL THE EXCESS CALORIES.
IN ADDITION, IT GIVES YOU WHAT YOU NEED TO ENSURE THE RESULTS YOU ARE LOOKING FOR.



WHEY PROTEIN

- ✓ BUILD, REPAIR AND RECOVER LEAN MUSCLE
- ✓ IMPROVE GUT HEALTH WITH PRE AND PROBIOTICS
- ✓ FUEL METABOLISM
- ✓ CONTROL HUNGER

FAT BURNER

- ✓ BREAKS DOWN STORED FAT
- ✓ INCREASE METABOLISM
- ✓ DECREASE APPETITE
- ✓ INCREASE ENERGY
- ✓ ENHANCE MENTAL FOCUS

FDA
APPROVED



MADE IN USA



**SUCCESS
STRATEGIES**

WHY WE STRENGTH TRAIN

STRENGTH. IT IS FOR EVERYONE.

WHY? PROPER WEIGHT TRAINING WILL STIMULATE MUSCLE GROWTH, STRENGTHEN THE JOINTS AND INCREASE BONE DENSITY. PLUS ADDING MUSCLE TO YOUR BODY INCREASES YOUR METABOLISM.

MUSCLE
- 1 LB -



BURNS 50 CALORIES / DAY AT REST
TAKES UP LESS SPACE
INCREASES METABOLISM

FAT
- 1 LB -



BURNS 10 CALORIES / DAY AT REST
TAKES UP MORE SPACE
LOWERS METABOLISM

1 LB MUSCLE = 50 CAL/DAY
10 LB MUSCLE = 500 CAL/DAY

1 LB MUSCLE = 4 - 8 WEEKS
10 LB MUSCLE = 10 - 14 MONTHS

LOSE WEIGHT & KEEP IT OFF

Work stronger not harder



SUCCESS STRATEGIES

JUST TO GIVE YOU AN IDEA

A**1-3 MONTHS****FOUNDATIONS**

1. MIND TO MUSCLE CONNECTION
2. HABIT OF GYM ATTENDANCE
3. BASIC MUSCLE STRENGTH
4. BASIC MUSCLE ENDURANCE
5. CORE STRENGTHEN

**4-10 MONTHS****MAJOR VISUAL CHANGES**

1. ADDING MUSCULAR TONE
2. MAJOR BODY FAT LOSS
3. MORE ENERGY
4. MORE CONFIDENCE
5. BETTER PERSONAL RELATIONSHIPS

**11-12 MONTHS****DECISIONS**

1. RE-ASSESS YOUR GOALS
2. WANT TO STAY WHERE YOU ARE
3. WANT TO BURN OFF MORE FAT
4. WANT TO BUILD MORE MUSCLE
5. WANT TO PLAY SPORTS

**B**