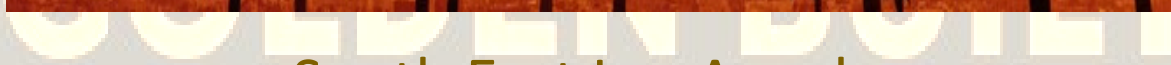


Start a Journey with Golden Built Fitness Training



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South East Los Angeles

FITNESS TRAINING LLC

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GOLDEN BUILT

FITNESS TRAINING LLC

Mission Statement

Frank is a NASM Certified Trainer that has been a lifelong fitness enthusiast. He has dabbled in various athletic interests throughout his fitness journey. Frank has recognized the mental power that can arise from physically training the body. He understands that human potential is limitless with the right mindset and can be taken as far as you are willing to push yourself. Frank hopes to unleash the inner human potential of all his clients, not only in fitness but in other areas of their lives. Frank likes to think that success is contagious and the right mentor can set you apart. Frank wants the trajectory of all his clients to be their full potential. Frank preaches consistency, intensity, discipline and strategic planning when it comes to reaching that full potential. Through Golden Built Fitness Training, Frank wants to guide you through a journey of struggle, and persistence into growth, and transformation. Choose Frank as your personal trainer and you will experience the guru that you never thought you needed. All humans carry with them infinite possibilities and Frank wants to help cultivate you into realizing those possibilities that will bring you the most fulfillment. Frank is not your ordinary Personal Trainer, he carries a Life Coach approach to all his roles in life. Do you want to take this journey? Please reach out and you will be taking a step towards a life changing experience. We offer in-person and online services. He can be reached at his instagram @goldenbuiltFT, goldenbuiltllc@gmail.com, website: <https://goldenbuiltfitnesstrainingllc.com> or number (213) 290-4195. Check out my <https://linktr.ee/goldenbuilt>, in there you can find this free educational information, food log, calendar, and training template to those seeking those first steps at a change. I have provided my pricing below. I am providing a premium service at a great price. I look forward to hearing from you and helping you on your fitness journey.

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Trainer Information

My Journey Into Fitness

I was born and raised in Los Angeles, CA. More specifically, I grew up in the city of Huntington Park, California which is Southeast Los Angeles. I grew up in a big family with many of my cousins always being around. We would compete in a variety of different sporting events ranging from all types of sports and athletic activities such as 40 yard dashes and vertical jumps. We each kept track of our height and weight and would always try to outdo each other in a fun competitive manner. While I did show some athletic potential, I never had the education, mentor or proper training to really showcase my full potential. While I did run into one teacher in high school that was willing to teach me Athletic training and weight training, I self-sabotage because I did not think it would work for me. I was 5'11 and 165, a pretty skinny kid. I had no information on nutrition as well. Mentally I was not prepared or had the confidence in myself. From age 14 to 21, I tried to get into "working out" but I could never really keep consistency beyond one week. At the time, there really were no affordable gyms in my area. Around the age of 18, Planet Fitness came to my city. The ambiance of everyone around was pretty high and I heard so many people looking forward to finally reaching the vision of their dream bodies. I also had those visions and it brought some hope into all our lives. I had a membership for 3 years and probably went a total of 3 weeks for those three years. Each year I would promise myself that this upcoming year would be the year that I make it happen. This time around, the internet had more information on fitness and many fitness youtubers were giving out a ton of fitness advice. The problem was there was an overload of information and it was overwhelming to make an effective plan. I would attempt a change at the start of every year, and not surprisingly would not stick to it. One day, while attending Long Beach State, I was working on setting up my schedule for the following semester. I came across a Strength and Conditioning class by Mr. T. I decided to look further into it and check-out his rating on "rate my professor". The search came back a shock. This professor had a perfect rating with a plethora of comments by different students sharing their testimonies that his class changed their life. They spoke highly of him and his course. I finally found the answer to a problem I have had for 7 years. I decided on taking his course. I looked forward to the semester, it had been awhile since I really looked forward to going back to school. My hope, vision and excitement was there throughout the summer. I knew the following year, I would finally have the look I always wanted. I aspired to have a golden era physique, a body like Arnold. I watched Pumping Iron throughout the summer and it had me hyped up. The first day of class, Mr. T gave us all the rules, and protocols. He told us if we follow what he says, by the end of the class, we would all be saying he was the best teacher we ever had. I thought that was big talk, but having read his reviews, he had the right to. Ultimately, me and a fellow Huntington Park Alumni took the course and by the end of it, we both had transformed ourselves. Alongside taking a Diet and Nutrition Course, I understood the power of knowledge and good teachers. The feeling of victory was what I felt and it still lingers to this day. It is like solving a math problem after spending a considerable amount of time breaking your head, only to find out that you over-thought it. After the course, I continued my fitness journey by

attending Planet Fitness more frequently. I eventually became a regular, so much so, that the staff and other members became well acquainted with me. I continued to set milestones and goals because I wanted to refine my body. I had reached a peak physique that I never thought would be possible early on, especially with many critics saying that you could not make gains at Planet Fitness because it was not a real gym. Not surprisingly, like many critics, they were wrong! I continued to conduct research on all fitness related topics to look beyond bro science. As time went on, other new gym members came to me for advice on fitness. This became so frequent and many asked for personal training services, but at the time, I was not certified. After training for 8 years, I ultimately decided to pursue a NASM-CPT and after roughly 8 months of studying, I became a trainer. The decision to become a trainer was that when I saw each person come up to me and ask for advice, it took me back to those lost boy days, those early years where I had all the desire but no direction. I wanted to lead them to their vision and help them paint that masterpiece. I wanted to help them make a change just like Mr. T had done for me. While being a fitness enthusiast, I also worked in a variety of roles. I have experience in teaching, mental health, protective services, social services and I can definitely say fitness sets a strong foundation in helping me overcome challenges in each of those professions, both mentally and physically. I hope this provides you with enough information to decide if I would be the right trainer for you.

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My Favorite Client Story

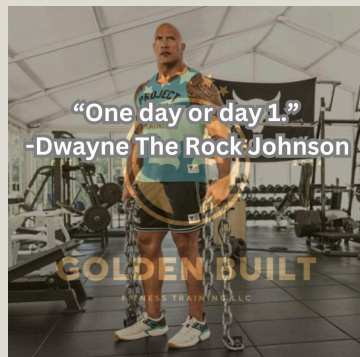
My favorite client story is when I trained a young teenager that would be attending high school the following year. He was a couch potato that enjoyed playing video games, but was not very active. He was very much a sports enthusiast and wanted to try out for his football team. He was very self-conscious and lacked the inner-belief in his potential. We trained in mobility and flexibility, core, strength and conditioning, sports performance training and incorporated various injury prevention methods. The result after our training program was a client that superseded everything he had ever done before in his life. He developed confidence, ability, recognition, and he developed charisma. He went on to reach his goal of making it into his High School Football Team and became a starter. I take pride in having served him with my work. I hope his story serves to motivate you not only on reaching your fitness goals but also on your life journey.

My Favorite Exercise

Between Benching and Deadlift. I enjoy testing my strength and these two movements are definitely my go-to. They can be safely incorporated into any workout program.

My Favorite Quotes

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My Training Philosophy



My Training experience

I have 4 years of contract work as a personal trainer. I have experience working with individuals that are beginners, overweight, diabetic, and those who have a history of injuries. I have a habit of always seeking new and improved methods to enhance the results of my clients. Due to my lack of experience with a range of clients. I am currently not suitable to work with pre/post-natal, seniors, and those with serious chronic illnesses. I will work towards one day being able to provide suitable services to those demographics.

Areas of Expertise

Flexibility and mobility, Functional Training, Posture, core and balance, Strength training, Muscle Gain, Muscular Definition, Sports Performance Training, Injury Prevention, Physical Ability Test (PAT), weight loss and general fitness and health.

Who I Especially like working with

Beginners, overweight, diabetes, aspiring bodybuilder, student-athletes, gym-rats, strength trainers, performance athletes, fat loss, youth and general fitness and health. My ideal client is an underdog, the person that may have barriers with believing in themselves, but really wants to break out and transform themselves into a better version of themselves. A person that has the desire to grow, but is seeking that mentorship and guidance. We want you!

FITNESS TRAINING LLC



WE WANT YOU!

Additional Language Spoken
Spanish, Fitness

-Best, *Frank J. Garcia*



Educational Information

Warning:

To ensure your safety, please see your physician before starting a sport, fitness, athletic or weight training program. You are fully responsible for all of your fitness, nutritional and health decisions. I take no responsibility for the decisions you make based on the information and educational content presented by Golden Built Fitness Training.

In order for you to gain your ideal body, you must, first, set a goal. Second, you must maintain a consistent training program and diet. Third, you must condition your mind and body to progress incrementally through intensifying your training and proper food selection. To prevent injuries from occurring, it's essential for you to stretch and warm up before any training session and cool down after training sessions. This increases the blood flow to the muscles and prepares the muscles to engage in activity and relaxes tendons and joints. The muscles also become long and loose. Another important benefit is that stretching can help reduce the likelihood of muscles cramping during a training session. Never diet or lift more than you are comfortable with and always discuss these topics with your personal trainer. Setting a goal means that you will gradually make progress towards each specific milestone and remember: the journey is just as important as the destination. The average body adjusts to a workout program and diet within **21 days** (three weeks), but results may vary. **Research has shown that the best way to stick to a workout program is to use a 12-week base.** Finally, it is advisable to drink juices high in acid to help your stomach breakdown food much faster. It is also important to drink plenty of water throughout the day and get proper sleep. **Achieving your ideal body requires dedication and hard work, but what you take from it, is self-mastery.**

Some Keys Terms and Concepts

'Exercise training': We need to *redefine* what a fitness program means. Working out is one bout of exercise involving no consistency and no real results. More importantly, training is repetitive bouts of exercise that are put together for the purpose of achieving a fitness goal.

'Repetition': doing a movement repetitively without stopping.

'Set': a series of repetition with pauses in between that can range for 30 seconds to 5 minutes depending on the training goal.

'Frequency': Beginners should begin with 2-3 sessions per week. Intermediate can move onto 3-5 sessions a week.

'Hypertrophy': exercise that builds lean muscle mass. All hypertrophy weight should be 50-60 % of max lift.

'Spotter': an individual that helps a lifter with controlling the weight of an exercise.

The Overload Principle: Increase reps and weight for progression. (Increase 10-15 percent for progression). The principle is the idea that our bodies will adapt to whatever stress we put it under. Ways to achieve more stress are to increase weight, increase repetitions or decrease rest periods between sets.

Expectations

Studies have shown a typical increase in strength ranging from 8 to 50 percent. Those with the greatest improvements are individuals that have not weight trained before. The programs consist of large muscle exercises, heavier loads, multiple sets and more training sessions. Genetics will also play a role in muscle potential and muscle development. **Strength can be noted 3-4 weeks into a**

program. *Strength gains can increase up to 6 percent per week.* Muscle building involves muscle fibers which are thin strains. Every human being is born with a certain number of muscle fibers when training, these fibers will thicken. Due to genetics, results may vary.

In-Person Training Guidelines

Availability

M-F 4:00 a.m. to 9:00 a.m./5:00 p.m.-10:00 p.m.

Saturday 4:00 a.m. - 5:00 p.m.

Sunday 4:00 a.m. - 10:00 p.m.

***I can make accommodations during the weekday beyond the hours stated, if we schedule it in a timely manner.**

Attendance

- Sessions will begin promptly on the hour until 15 to the hour [45 minutes].
- Each session will commence with a proper 10-minute stretch and warm-up.
- There will be **no refunds** on a missed session unless there was prior notice within **48 hours**.
- Electronic devices are expected to be off or silent unless for music purposes or emergencies. If canceling a session please contact me **48 hours prior**. My contact information is provided in the communication section of this page.

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Participation

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- Come with the right attitude
- Discuss barriers to arriving to sessions with your Trainer
- Read the attendance section for instructions on cancellation.
- Communicate with the trainer on rescheduling appointments.
- Put all your effort into each and every training session.
- Send daily information on diet and macros

Equipment

1. Towel
2. Weight-lifting gloves and wraps are recommended.
3. Lifting-belt is required.
4. Download My Fitness Pal. We will be using this free app to track your diet.
5. Flat shoes for leg day.

Weather Policy

In the event of inclement weather, we will not meet unless instructed to do so and in that event the session will be rescheduled without any penalty.

Proper Attire

T-shirt or tank top, shorts or warm ups, tennis shoes and towel. Flat shoes are recommended for leg day. Examples of flat shoes are vans or converse. Opened toe shoes or exposed heels are not allowed.

FITNESS & TRAINING LLC

Communication

Please email me to Goldenbuiltllc@gmail.com or text me to number (213) 290-4195. When communicating with me please state your name, session time and date and leave your contact information or voicemail.

Training Etiquette

In order to ensure an enjoyable and safe experience for all, we ask that you respect the following rules:

- Please wait outside the training area until your personal trainer arrives and escorts you inside.
- Control weights during and at the end of your set. Please do not drop them on the ground.
- Control breathing, refrain from foul language.
- Proper form will always be emphasized
- Never lift without your personal trainer spotting you, especially when lifting heavy weight.

Virtual Training Guidelines

Attendance

- Sessions will begin promptly on the hour until 15 to the hour [45 minutes].
- Each session will commence with a proper 10-minute stretch and warm-up.
- There will be **no refunds** on a missed session unless there was prior notice within **48 hours**.
- Electronic devices are expected to be off or silent unless for music purposes or emergencies. If canceling a session please contact me **48 hours prior**. My contact information is provided in the communication section of this page.

Participation

- 1.) Come with the right attitude
- 2.) Discuss Barriers to arriving to sessions with your Trainer
- 3.) Read the attendance section for instructions on cancellation.
- 4.) Communicate with the trainer on rescheduling appointments.
- 5.) Put all your effort into each and every training session.
- 6.) Send daily information on diet and macros

Equipment

- 1.) Towel
- 2.) Weight-lifting gloves and wraps are recommended.
- 3.) Lifting-belt is required.
- 4.) Download My Fitness Pal. We will be using this free app to track your diet.
- 5.) Flat shoes for leg day.
- 6.) Phone

Weather Policy

In the event of inclement weather, it is not recommended to train outside. Training sessions indoors can commence as usual.

Proper Attire

T-shirt or tank top, shorts or warm ups, tennis shoes and towel. Flat shoes are recommended for leg day. Examples of flat shoes are vans or converse. Opened toe shoes or exposed heels are not allowed.

Communication


Please email me to Goldenbuiltllc@gmail.com or text me to number (213) 290-4195. When communicating with me please state your name, session time and date and leave your contact information or voicemail.

Training Etiquette

In order to ensure an enjoyable and safe experience for all, we ask that you respect the following rules:

- Follow your gym's rules.
- Control weights during and at the end of your set. Please do not drop them on the ground.
- Control breathing.
- Proper form will always be emphasized.
- Never lift heavier weight than you are comfortable with and never do so without a spotter. Your trainer will always recommend having a spotter for your safety and well-being.

Eating Guidelines: You Are What Eat

My Fitness Pal : one of the best free fitness apps in the market. Download this app to log meals, track calories, macros, sugar levels, sodium levels among other nutritional facts regarding the food you eat. I provided a link: <https://www.myfitnesspal.com>

Food Log: A Food log tracks what you eat and drink daily. A free food log can be found on my linktree.

Meats: Lean Turkey, Tilapia, Chicken Breasts, Tuna, Salmon, Bison, Beef tenderloin.

Dairy: Eggs, egg whites, skim milk, fat-free soymilk, rice milk or almond milk low in sugar, greek yogurt, blue cheese, and cottage cheese.

Vegetables: Broccoli, Asparagus, Brussel Sprouts, carrots, spinach, potatoes, squash, cucumber, green beans, and spinach.

Carbohydrates: Beans, rice, Quinoa, potatoes, oatmeal, chips (avoid hot cheetos and Takis)

Fruits: Bananas 🍌, blueberries, raspberries 🍷, apples 🍏, oranges 🍊, mangos 🥭, watermelon 🍉, strawberries, raisins, cranberries, pears and pineapple etc.

Snacks: Peanuts, trail mix, rice cakes, cashews, rice cakes, tuna, egg whites, greek yogurt.

Beverages: Water, drinks low in sugar, or moderate serving sizes of apple and orange juices. Try your best to avoid sugary drinks, while I am aware this is not always possible, pick the best alternative. The order I work in is water, sparkling water, juices, teas, soda with zero sugar and soda as a last resort or as a reward for staying disciplined.

Water Intake: Water intake total varies from person to person but it is essentially in a proper diet and living

a healthy lifestyle. Use the link below to check your recommended daily water intake.

<https://www.medindia.net/patients/calculators/daily-water-requirement.asp>

Protein Shake: is Optional but highly recommended to help you reach your daily protein intake.

Weight Gainer: is very similar to a protein shake and is recommended to help you reach daily protein and calorie intake. The decision to use this supplement depends on your weight goals.

Vitamins and Supplements: A dietary supplement is a product you take to supplement your diet. It contains one or more dietary ingredients (including vitamins; minerals; herbs or other botanicals; amino acids; and other substances).

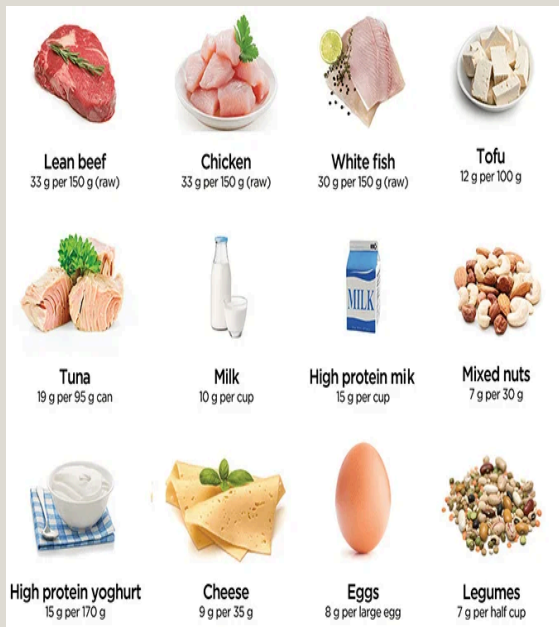
Whole foods: food that has been processed or refined as little as possible and is free from additives or other artificial substances. Whole foods include fresh fruits and vegetables, whole grains (such as oats, brown rice and barley), nuts, beans, fish, shellfish and eggs. Minimally processed foods are foods that are a little processed, such as frozen produce or whole wheat flour.

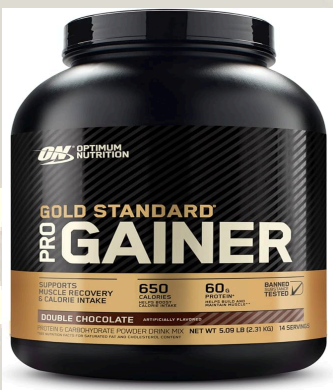
Try your best to avoid frozen food. Most frozen food contains a lot of sodium and **preservatives**. One of the most harmful effects of preservatives on food items is their ability to transform into carcinogen

agents. Fast food is also something to try to avoid, however, understandably it's not something everyone can do. This is not an ultimatum when it comes to fitness, at best, try to limit it. Make it a mental effort when making these choices. Avoiding sugary drinks with a meal that is high in sodium, carbs and fat can reduce the total empty calories of that meal. It is not ideal, but better than the alternative. If possible, cut any additional carbs. Something that can help is looking at the nutritional facts of the meals online. Most places provide online nutritional labels for their meals. Also using my fitness pal and recording the meal beforehand, could help you bring more awareness to your decision making. Diet takes as much effort as sticking to a training program. Grocery shopping can be the place where you set yourself up for the week. Looking at the nutritional facts of snacks and products before putting them in the cart can make a difference in your diet. As you record your food choices and notice and experience the food you buy, you will be able to determine the better alternatives for a more balanced diet. As you change your diet with better options, you will notice changes in mood, energy levels, sleep, metabolism, and overall health and wellbeing.

While I am a personal trainer, I am not a registered dietitian or certified as a nutritionist. I can provide general guidelines, give you information on food, provide examples and provide personal examples. However, I cannot provide a meal plan. You can find these professionals in a variety of settings and you can ask your physician for a referral. Also, I will be sharing a presentation called Fitness Nutrition Hacks by Anna Bessonova RDN CDN CDCES to all my clients. Anna is a professional and expert in the Nutrition and Diet field and is best equipped to provide that information. Her resources can give you valuable insight into building a strong healthy diet.







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Overall diet should not be a complete drag. You can still enjoy your favorite meals, it's just about having a more moderate and balanced diet to protect, preserve or enhance your health. Your body will feel the difference, your energy levels will shift and you will notice the overall changes. I do not believe in ultimatums when it comes to diet. The all or nothing mindset leads to quitting and leaving it altogether when you cannot follow through perfectly. There should always be an attempt to do your best everyday and each day will have its own challenges. Tell yourself, everyday, "I will try my best to make the best food selection, but I may not always make the best food selection. But the effort is always going to be there because my health matters." This is all we can ever ask of others and ourselves, to try our best. It looks different on everyone because we all fight different battles. I hope this list is helpful to you all, much luck on your diet and do not forget to be kind to yourselves. Even being on this page means you are putting in the work. Follow my ig page: @goldenbuiltft for more food selections, fitness humor, motivation and transformations. I do want you to understand that you can't outwork a bad diet, trust me, I tried several times and failed miserably every time. However, you can take steps to make it so you frequently eat healthier, more often than eating a poor diet.

Example of Meal Eating Schedule:

Morning: Bowl of Oatmeal, 2 fruit, and Vitamins

Lunch: Protein/ Carb with juice. Ex (Tuna Sandwich with chips or Chicken with rice)

Dinner: Chicken, Rice and vegetables; Chicken, baked potatoes and vegetables.

2 protein shakes throughout the day or 1 weight gainer depends on the goal.

2 Snacks throughout the day containing high carbs, protein and some fat

Example:

8:00 a.m. Bowl of Oatmeal, 2 bananas and vitamins

10:00 a.m. Protein shake/ Snack with protein.

- 11:30 a.m. Chicken/Tuna Sandwich, Chips, and Juice
- 12:30 p.m. Snack high carbs, protein and some fat
- 2:00 p.m. Protein Shake or Weight Gainer (add banana and oatmeal to shake)
- 4:30 p.m. Snack high carbs, protein and some fat
- 7:00 p.m. Chicken, Rice and vegetables; Chicken, baked potatoes and vegetables.

My goal is to stay within my calorie intake and macros. This can shift depending if I want to gain or lose weight.

Why Sleep?

“But how much sleep do you actually need? The answer varies depending on your needs and lifestyle, but most adults generally need around **seven to nine hours of sleep per night**. However, you may need closer to **nine hours of sleep if you’re trying to gain muscle** or work out regularly to allow for proper muscle recovery.

E It’s also important to note that sleep quality is just as important as quantity regarding growth hormone (GH) production. If you’re not getting enough deep, restful sleep, your body may be unable to **produce enough growth hormone (GH)** to support optimum muscle growth and repair. This is why it’s essential to have good sleep habits, such as avoiding drinks with **caffeine or other stimulants**, strenuous physical activities at least two hours before you plan to go to bed, and establishing a regular sleep routine.” (Dr. Chia Tan is a UK trained medical doctor)

The 10 Health Benefits of Resistance Training

Muscle Mass and Strength: Causes micro-tears in muscles that regenerate during your sleep which increases muscle mass and strength

Fat-Loss Acceleration: Increases calorie burn by inducing EPOC effect, which stands for Excessive-Post Oxygen-Consumption that burns more calories afterwards.

Brain Performance and Mood: Can positively affect aging and brain health as well, initiating functional brain changes that favor better cognition and reduce white matter atrophy.

Anti-Inflammatory: although it does increase inflammation acutely, in the long term the body of an active person has superior inflammation-fighting mechanisms.

Boost Energy Levels: Training Increases energy expenditure and the body’s efficiency in using fuel.

Posture and Confidence: Can help straighten your back and develop a better muscular frame that builds up confidence and improves Self-image.

Faster Metabolism: May speed up your metabolism, which leads to increased calorie burning.

Boosts libido: Increases testosterone, Human Growth Hormone, and other hormones related to anabolism, libido and energy.

Bone Density: Can increase bone density and stimulate bone growth and regeneration, and build up or condition your connective tissue for higher resilience.

Balance and Control: improves stability and balance which reduces chances of injury.

Personal Training Pricing Chart

Full Hour Sessions

Sessions	Rates	1+ Buddy Rate
6	\$270 (\$45 per session)	\$504 \$84/Session(\$42/per person)
12	\$480 (\$40 per session)	\$888 \$74/Session(\$37/per person)
24	\$888 (\$37 per session)	\$1632 \$68/Session(\$34/per person)
36	\$1260 (\$35 per session)	\$2304 \$64/Session(\$32/per person)
72	\$1800 (\$28 per session)	3312 \$46/Session(\$25/per person)

*I am only willing to drive within a 5 mile radius of 90240.
*\$25 convenience fee for driving to your home or park setting.

*An additional fee may apply if PT needs to bring its own equipment. We carry adjustable dumbbells, resistance bands, Perfect Push Up, Pull up bar, ab roller and yoga mat.

*Discounts may apply for referral programs, please ask Trainer for more info.

Online Programs Pricing Chart

One Day or Day 1? You decide.

Bronze-Built Package	Silver-Built Package	Golden-Built Package
\$ 150/ Month	\$ 275/Month	\$ 394/Month
\$ 275/ 2 Months Commitment (-\$25 discount)	\$500/ 2 Months Commitment (-\$50 discount)	\$733/ 2 months Commitment (-\$50 Discount)
\$ 400/ 3 Months Commitment (-\$50 Discount)	\$750/3 Months Commitment (-\$75 Discount)	1,100/ 3 Months Commitment (-\$88 Discount)
-The Bronze-Built Package is for a self-motivated starter who has the self-discipline to complete the program with minimal supervision, but wants some guidance. The 3-month fitness program is effective and offers the transformation you are looking for.	-The Silver-Built Package is perfect for someone with ambitious goals that is looking for serious results, but needs additional support. This package includes more supportive tools and services to help you transform your physique with a 3-month fitness program.	-The Golden-Built Package is the top-tier service package designed to deliver the best possible results with all the tools necessary to maximize and reach that Golden-physique. Perfect for that driven-individual that wants results similar to in-person training, while keeping their flexibility and avoiding in-person costs. You really can't go wrong with this 3-month fitness program.
-Monthly Fitness Assessment	-Monthly Fitness Assessments	-Comprehensive Fitness Assessment and Evaluation +

-Workout Program	-Customized Workout Program -Strength Tracker+	-Customized Workout Program + -Strength Tracker + -Body Metric Tracker + -Calorie Tracker +
-Monthly Check-Ins via Phone call -Email/Text responses within a week	-Bi-Weekly Check-ins Facetime/Video calls -Weekly Update tracking with comments -Emails/Text responses within a 3 days period	-Weekly Check-ins via Facetime/Video calls + -Daily Update Tracking with comments + -Emails, texts, and call responses within 24 hours+
-Training Manual	-Training Manual -Video demos of exercise + -Review videos of your form and provide input +	-Training Manual -Video demos of exercise+ -Live coaching for an hour session up to 4 times per week +
-Fitness Tips	-Fitness Tips	-Fitness Tips - Insiders +
-Diet Guidelines	-Diet Guidelines	-Diet Guidelines
		-Fitness Training Hacks by RDN CDN CDCES
		-Golden-Built training item
		Mobility program +
		Aesthetic program+

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