



Do you want to..

- **Build 5-15lbs of muscle AND/OR**
- **Lose 10-30lbs of fat**

.. in the next 3-6 months?

If so, my **Body By Bryan Transformation Program** can help you.

Avoid wasting any more of your time on an ineffective workout program, having a diet that works against, oppose to for you, and unknowingly making lifestyle choices that are suboptimal. I will provide you the knowledge, the support, and an individualized/custom game plan that will ensure your success. No more being frustrated with not seeing the progress you desire.

Through my education and experience with both my own transformation and those that I have worked with, I have refined my process to one that produces predictable and repeatable results. It all stems from my deep understanding of the wide array of factors that is impacting your health, vitality, and fitness.

Through assessing you, and constantly checking in with how your body responds to various training, nutritional, and lifestyle changes and stimuli, I will guide you towards making the necessary adjustments and action that will serve as the foundation of your success.

Best of all, this guidance can be provided to you remotely! I now offer online coaching services.

WHY IS THIS SO GREAT?

- ***Flexible schedule*** - get in your workouts on your own time, and not have to worry about committing to making appointments.
- ***Cost-effective*** - as I won't have to take the time to be there for your workouts, my online coaching programs are less costly than my in-person coaching services.
- ***Service*** - you still receive all the important aspects of having me as a coach; expertise, support, and accountability.



HOW THE PROCESS WORKS?

- **Training Program** - your training program will be provided to you through a powerful app called [Trainerize](#). Trainerize allows me to schedule you your workouts, so that all you have to do when you get into the gym is open the app, and your workout for the day will be at your finger-tips. Not completely confident you know how to perform a specific exercise? No problem, there will be a video demonstration of all the exercises you are to do, built into the app. Trainerize makes the training process a seamless one, as it provides both stats and graphs for all your lifts, allowing me to monitor your progress and effectively program for you.
- **Metabolic Type Nutrition Plan, Nutrition Coaching** - Your nutrition plan will be broken down to a science. I will identify what macronutrient breakdown is optimal for you, so that we can construct a nutrition plan that is effective for your body. You will be using the *My Fitness Pal* app to log your nutrition. Great thing is, My Fitness Pal syncs up to your Trainerize account, which will display a snapshot of how many calories, protein, carbohydrates, and fats you are eating on a daily basis, so that I can quickly review how well you're adhering to your nutrition plan.
- **Check-Ins** - through scheduled email and coaching call check-ins, I'm with you every step of the way. With this, I am able to hold you accountable, answer any questions you may have, make any necessary adjustments, and be consistently in the loop of how things are going.
- **Video Assessment Support** - if you aren't confident with your form for any exercise, just email me a video of you performing it, and I will provide you a breakdown of any improvements you could make.



WHO IS THIS FOR?

My online coaching service isn't for everyone. I am selective with my clients, because simply put, I don't work with anyone I don't feel confident will be successful in achieving the goals in mind.

Online coaching is for people who...

- Have a decent grasp over basic exercise form. If you have no experience with strength training, an in-person coach is a more suitable choice for you.
- Are able to push themselves to a minimum intensity of 7/10 on the *Rate of Perceived Exertion (RPE) Scale*.
- Has access to a decent gym - basic equipment such as barbells and dumbbells (with sufficient weight) is mandatory.
- Are serious about undergoing a transformation, and is willing to commit themselves to the guidance I provide. Trust the process, and you will be successful.

IT'S TIME TO TRANSFORM!

Within 24hrs of signing up for your Body By Bryan Transformation Program, you will receive a comprehensive Welcome Package that delivers all the information you need to begin your transformation. Your Trainerize account will also be set up for you, opening up your access to begin the assessment phase.

Included in the Welcome Package will be a few initial questionnaires that you will be required to complete – your responses will help me construct a game plan individualized to you. 3-4 business days after submitting your completed questionnaires, you will receive your nutrition plan, and your training program will be uploaded to your Trainerize calendar! From that point on, the name of the game is **progress**.

If you are interested in getting started with your Body By Bryan Transformation Program, fill out an application here: www.bryanmhenry.com/bodybybryan-application

After filling out the application, you will be directed to a link where you can book yourself in to my schedule for a free skype/phone call consultation. Your responses in the application, and the conversation we have, will provide me a good idea of if we would work well together.

If you have any questions about my transformation programs, services, or would just like to set up a free 45 minute coaching call, feel free to email me at bryan@bryanmhenry.com.