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WHAT TO LOOK FOR IN ONLINE COACHING

The Real-Deal Knowledge You
Need to Know to Conquer Your
Goals

RESULTS AND EXPECTATIONS

When you are starting out your fitness journey, you are seeking results; whether you want to lose weight, compete, build muscle, burn fat, etc. You have an idea of where you want to be and what you want to be, but then comes a large gap of what you go through in pursuit of your ideal future. This includes your failures, successes, uncertainty, and essentially the "sweat, blood, and tears". It is going to take time and patience. Your training and nutrition needs to be on point for a consistent amount of time before you get your results.

Through this time, it is easy to get inside your own head and overthink things. This is the worst thing that you can do. You must know that results are never linear. In a generation of instant gratification, results are expected to be instant and consistent, but this is not always the case.

This is why it is so important that you have a coach to support you and who is qualified and has the experience to help you reach your goals.



ABOUT TEAMFFLEX

At TeamFFlex, we are redefining personal training forever by creating sustainable and longterm results. The coaching and program you receive works for your body instead of against it.

Your training is offered through our online training app that will walk you step by step through the process of conquering your goals. Stay accountable by tracking each workout, your personal bests, and your physical progress. Through our flexible dieting approach you can actually enjoy, sustain, and most importantly get the results you want. Have your cake & eat it too! We stand by our morals and commitment to our clients and are available 24/7 for support.

Join us in our journey to change the world and help others achieve their goals and dreams.



COMMUNICATION

Communication is key! You should be able to contact your trainer at any time with any questions or concerns that you have. There are unfortunately trainers out there who will give you a program and then disappear. Some even charge per message! At TeamFFlex, our trainers are available via the online training app. The advantage to being online means the lines of communication are always open. No matter what question or concern you may have, your trainer is available to you to ensure you are successful. If you need an exercise alternative, want to switch things up in your program, etc, you are our priority and can be confident we will get back to you.



FLEXIBILITY

When training with an online trainer, you are able to work out on your own schedule. Since your sessions are not done in person, you can choose to workout anytime you like. We all have busy schedules, the last thing you need to worry about is having to coordinate with another schedule at the gym. It doesn't matter if you need to work out from home, if you travel a lot, or do not have access to a gym with fancy equipment. You can feel confident that we can tailor your program around your goals and your needs! Our programs are customizable and built to fit into your lifestyle!



ACCOUNTABILITY

Accountability always plays an important factor, especially in online training. Although you do not have 1-on-1 with your trainer, that does not mean that you cannot stay motivated and accountable. With all



TeamFFlex programs, it is mandatory that we track your progress. You check in and track your workouts, upload photos and body stats, and have check ins regularly with your trainer. Your personal bests are tracked as well, so you can see your progressions! With a constant line of communication, your trainer is able to message and check in with you to make sure you are staying on track! All of these steps give your trainer the ability to keep track of your progress to make sure your program is working for you and helping you reach your goals.

COST EFFECTIVE

Not everyone can afford one-on-one training sessions, especially having multiple sessions per week. For the amount of sessions and attention with your online trainer, you can find that 1 whole month of online training is less than only 1 or 2 sessions total for in-person training.

Would you rather have 2 sessions per week for hundreds of dollars, or 5+ sessions per week for the price of your favourite frappuccino?

Your investment in your fitness and your online personal training will stretch out a lot longer. You don't have to spend thousands of dollars a month to see results!





ONLINE TRAINING

Technology in the fitness industry has opened the door to so many exciting ways to reach your goals with your lifestyle and preference in mind. Do you need the freedom to exercise from home or while traveling? No problem! Have a question about your training or an exercise? We are here! You can easily make your health and fitness a priority and part of your daily routine, no matter how busy you are!

Let the gym and personal training experience come to you, whether it is from your laptop or your phone. Online personal training has proven to be a realistic and cost-effective way to achieve your fitness goals while providing flexibility and expert trainer knowledge. It is a no-brainer!

We have thousands of athletes who are a testimony that online training works beyond expectation. We are here to support and motivate you, keep you on track, answer any and all questions or concerns from the convenience of one tap and at a fraction of the cost you would be spending on in-person training.

ONLINE TRAINING APP

Unlock all the expert tools and strategies you need to conquer your goals and create lasting change.

Complete Program Overview

A highly detailed and comprehensive training guide will walk you step by step through the process of conquering your goals. All the guess work has been stripped away. What's left are the essential, proven plans for creating lasting results, unlike anything you have ever seen before!

Totally Custom Training Program

Telling you a workout and explaining the exercises is one thing. **SHOWING** you exactly what to do is another. Each and every exercise in your training plan will have a highly detailed exercise instruction video coached directly to you for maximum training precision. Use the app to track your sets and reps, weights, and personal bests for a complete training experience!

Totally Custom Nutrition Program

You don't need another diet. What you need is something you can sustain. Something that will produce the results you want, when you want them. These are absolutely incredible flexible plans that allow you to eat **YOUR** favourite foods and still make incredible progress towards your goals!



Direct Contact With Your Coach

So many fitness programs are just numbers and letters on a paper. Unfortunately, all too often the program is confusing, and if you have any questions, good luck. For you to be comfortable and conquer your goals, you need to have the ability to communicate with a real human being! We have developed personal contact for you and your coach so you can ask any and every question that runs across your mind. You will never be left in the dark!

As you read this, thousands of people world wide are benefiting from what was once just an idea. People around the world are achieving results they never thought possible in a coaching experience that will literally redefine the industry. There is nothing we want more than to help people achieve their goals and dreams.

TO JOIN TEAMFFLEX AND TRAIN WITH US TODAY, VISIT WWW.FUNCTIONALFLEX.COM