

# gFT 12 Week Training Only Challenge

Embark on a transformative journey with our gFT 12 Week Training Only Challenge! Now is the perfect time to prioritize your health and fitness and become the best version of yourself.

With our comprehensive program, you'll receive expert guidance and support to help you get back on track and achieve your fitness goals.

Our program is designed to provide you with the tools and accountability you need to succeed. With 8 training calls monthly, personalized training targets, and a 3-phase training strategy, you'll have everything you need to make progress and see results.

From basic building and strength to hypertrophy, our program covers all aspects of fitness to ensure your success.

But it's not just about the workouts – we also focus on accountability. You'll be expected to commit to the program for the full 3 months, attend monthly client coach strategy sessions, log your training daily, and post weekly progress photos.

This level of accountability ensures that you stay on track and see amazing results guaranteed!

**When: NOW** – *Time to Become the Best Version of YOU!*

**What:** gFT 12 Week Training Only Challenge – Customized for Any Event

- **8 Training Calls Monthly 2 x Weekly**
- Pick Your Type of Plan / Training Targets Provided /Solutions Provided
- 3-Phase Training Strategy
  - Phase-1 (Days 1-30) – Start Moving
    - Basic Building / Rebuilding
  - Phase-2 (Days 31-60) – Strength & Mobility
    - Strength Building – 9's
  - Phase-3 (Days 61-90) - Hypertrophy
    - Hypertrophy Building – 12's
  - Specialized Conditioning Added – Our Famous HIIT and Strongman Saturday's!
    - Heart Rate Training implemented
- **Daily Communications**
  - Text, Email, & App Messaging

**Where:** gFT Online Coaching Sign Up! → <https://bit.ly/gFTProFit-DiscoveryCall>

## **Expectations:**

1 - Once You Sign up NO backing out, you will be responsible for all 3 Months

THIS IS PART OF THE ACCOUNTABILITY

2 - You MUST attend all monthly Client Coach Strategy Sessions YOUR Accountability Meetings

THIS IS PART OF THE ACCOUNTABILITY

3 - You MUST log your training daily, and have all numbers available for Strategy Sessions

THIS IS PART OF THE ACCOUNTABILITY

4 - You WILL post your weekly progress photos (no one can see but you)

THIS IS PART OF THE ACCOUNTABILITY

5 - **YOU WILL SEE AMAZING RESULTS – GAURENTEED! THIS PART IS FROM THE ACCOUNTABILITY**

## ***Imagine Being Lean & Muscular!***

Invest in yourself and join the gFT 12-Week Training Only Challenge today! Take the first step towards a leaner, muscular physique and a healthier, happier you. Don't wait any longer to transform your life – sign up now and start your journey to success!