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## Why Train at Built Phoenix Strong?

### Reach Your Fitness Goals

On average our clients lose 17 lbs or 4% body fat in their first month, training 3 days a week

### Increase Energy

99.3% of our clients report an increase in energy within 10 days

## Built Phoenix Strong

Built Phoenix Strong	Typical Personal Training Services
<p><b>A Success Roadmap</b> A tailored, customized fitness plan with step-by-step processes to results</p>	<p><b>“Cookie Cutter” Workouts</b> Generic workout plans designed to keep you active but not reach your goals</p>
<p><b>Accountability</b> Weekly and monthly accountability meetings with metrics to keep you on track to your goal</p>	<p><b>NO Accountability</b> Zero accountability from trainer outside of gym sessions</p>
<p><b>A Personalized Nutrition Guide</b> A nutrition plan included that gives fast results and allows you to keep your newfound healthy habits forever. (\$300 Value)</p>	<p><b>NO Customized Nutrition Plan</b> Nutrition plans not included</p>
<p><b>Private Environment</b> Small size assures you get 1-on-1 attention with a fitness family on your side</p>	<p><b>NO Privacy</b> Big groups leaves you lost in the pack, seeing little change, and frustrated</p>
<p><b>State of the Art Staff</b> Staff composed of the top-ranked coaches and professional trainers in the state</p>	<p><b>Basic Staffing</b> Staff and trainers that only meet bare minimum requirements and prerequisites</p>
<p><b>Coaching + Training</b> Our detailed coaching strategies allow for permanent results inside and out of the gym</p>	<p><b>Training only (NO Coaching)</b> Trainers merely guide clients through workouts and do not teach sustainable results or lifestyle habits</p>



# FIRST 7 DAYS FOR ONLY \$1

LIMITED TIME ONLY

To book your first session visit  
builtphoenixstrong.org or Dial 770-569-3754