



TEAM FIT BODY

Training Info

Thank you so much for your email and your interest in Working with the Fit Body Brand and the #360 Movement .

Below is the information about our training services for Fit Body 360.. Our main focus is to work closely with our clients to make sure they succeed both in-person and on their own, a lifestyle change. We approach each individual client a bit differently than most trainers. Our goal is not only to have you reach each individual goal set forth but to make it an everyday lifestyle habit no longer feeling like work but a necessary day to day routine.

WHO IS TEAM FIT_BODY?

Team Fit_Body was founded by IFBB Pro Koko Korang *also known as Koko_Fit_Body* within the social media and competitive industry . We provide our clients with knowledge on how to prepare, adjust, and take control of your day to day. Your goal becomes our goal so as a team we will reach them. Everyone of our clients gets a program that is tailored to their specific needs! Having the support of a committed team behind you every step of the way is priceless and makes the journey that much more enjoyable.

PACKAGE(s):

Based on current physique, clients will start with a 12 week regimen catered to their lifestyle and goal. The client will have a monthly individual Assessment and bioelectrical impedance analysis done at either home gym or sponsorship location. Maintenance Prep may be a mock trial of how an individuals contest prep may start if expressed interest.

#1 MAINTENANCE PACKAGE (All SEASONS STATUSES APPLICABLE HERE):

Packages start at \$450/mth any thing bolder in red are discounted additional add-ons per request

Package Includes:

- *Supplementation counseling and schedule- discounts available with affiliated sponsorship
- *Weekly-Bi-weekly Accountability check-in for online clientele; in person request for check-ins available (additional add-on available upon request)
- *Monthly bioelectrical impedance analysis and skinfold check-ins/review with In-person clientele... *Bioelectrical Impedance analysis (InBody) can be done at contracted site or ambassador location (5 Star Nutrition Woodbridge or Ft Meade) as well as discounted DEXA Scans at our sponsored location per appointments only (Body Mass Composition)*
- *Exercise and Implementation Workout Video Demonstrations (additional add-on upon request) -online app
- *Detailed Cardiovascular Plan --- to be updated based on progression
- *Demo meal plan and grocery list --- This is the client's initial attempt and means if not already done so to clean up current diet (duration: 4-6 weeks including detox, normal blood work results - to be provided (available through quest), refeed meals available)

Detailed Meal Plan after 4-6 weeks on demo meal plan unless trainer suggests differently

In- person personal training session and/or Small Group Training (SGT) —Time slots are limited so additional clientele may join in session (up to 3 additional personnel- SGT) available upon request*** Ask for current specials if interested. All sessions are hosted at Sponsored Home Facility- DMV Iron, Alexandria, VA. Membership is not included- please refer to gym facilities for information on current membership and/drop in fees.**

Sessions starting @

-Single Session \$80/per single session additional discounts applied with multiple sessions.

-2x per week @ \$75/session

-3x per week @ \$65/session

-All sessions are 50 minutes so please come prepared already warmed up and stretched.. Small Group training of up to 3 personnel

LIFESTYLE TRAINING PACKAGE:

Package Includes:

- * Training Regimen: (weight training and cardiovascular regimen) 3 additional exercises per week his includes abdominals. Updated every 3-4 weeks or as necessary..

* Basic Nutrition catered to lifestyle: (Macro counted formula designed for the individual) updated based on individual check-ins.

*Monthly bioelectrical impedance analysis and skinfold check-ins with In-person clientele

Supplementation counseling if needed. Discount on DEXA Scans (ask for more details)

*Exercise and Implementation Workout Video Demonstrations (additional add-on upon)

In- person personal training session and/or Small Group Training (SGT) —Time slots are limited so additional clientele may join in session (up to 3 additional personnel- SGT) available upon request*** Ask for current specials if interested. All sessions are hosted at Sponsored Home Facility- DMV Iron, Alexandria, VA. Membership is not included- please refer to gym facilities for information on current membership and/drop in fees.**

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*****All clients are encouraged to sign for Auto Debit option to avoid any service interruption . Additional payment options are available including Paypal, CashApp, Venmo and Google/Apple Pay*****

There will be communication via email: kokofitbody@gmail.com. You will send weekly or bi-weekly progress pics via email. Changes to diet and exercise plans will be made based on the individual's progress and response to the program.

HOW DO I GET STARTED?

Purchase the package of your choice via purchase invoice or website www.kokofitbody.com

Other methods of payment to start are available such as PayPal: fitbody360llc@gmail.com

CashApp: \$kokokorang

Venmo: Koko_Fit_Body

You will receive an email within 24 hours with our assessment questionnaires and further directions.

Send to fitbody360llc@gmail.com the following:

- 3 current photos (snapshots taken with your camera or phone are fine) 1 front, 1 side and 1 back in swimsuit.
- Date of birth, Current weight, body fat % and circumference measurements (chest,waist,belly button,hips and right thigh) or state on inquiry.
- - Print out, sign and email me back the Waiver of Content Release, Waiver of Liability, and PT Contract
- **Once payment is received you will get your personalized program sent to you via email in 7-10 business days and/or scheduled sessions will be made in the next 24-48hrs.**

Looking forward to working with you.

NOW LETS WORK!!!

KOKO KORANG
TEAM FIT_BODY FOUNDER