

# EVERYTHING FITNESS

**1:1 PERSONAL TRAINING**



# MISSION

- TO EMPOWER AND ENHANCE INDIVIDUALS THROUGH FITNESS

# VISION

- A STRONG, FIT & HEALTHY VERSION OF YOU

# MEET JONATHAN

**“Hey everyone! my name is Jonathan and I’m the trainer/founder of Everything Fitness.**

**I’m here to help you achieve your fitness goals in the most effective, realistic and safest way possible.**

**I'm passionate about seeing you progress to be the fittest version of yourself, no matter your current start point.**

**Having been through the process of body transformation myself (from a skinny 57kg to a lean and muscular 70kg), i know of the challenges and struggles that comes with achieving your goals as well as maintaining it afterwards.**

**I believe that everyone is different and i will tailor your training program according to your specific goals and needs**

**A well-designed training program, proper nutrition, consistent workouts and rest is the bridge between your current body and future one.”**





# GYM LOCATION

- CORE COLLECTIVE I12 KATONG
- I12 KATONG, E COAST RD, #03-01/02/03/04/28 I12, 428802



- CORE COLLECTIVE ANSON
- 79 ANSON RD, #21-01, #22-01, SINGAPORE 079906



**\*In collaboration with core collective**

# GYM LOCATION

- CORE COLLECTIVE DEMPSEY
- 27A, 30B/C LOEWEN ROAD SINGAPORE  
248839



**\*In collaboration with core collective**



# PT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-11am <b><i>KATONG</i></b>	8am-11am <b><i>DEMPSEY</i></b>	8am-11am <b><i>KATONG</i></b>	8am-11am <b><i>DEMPSEY</i></b>	8am-11am <b><i>KATONG</i></b>	8am-11am <b><i>KATONG</i></b>	OFF
6pm-9pm <b><i>KATONG</i></b>	6pm-9pm <b><i>ANSON</i></b>	OFF	6pm-9pm <b><i>ANSON</i></b>	6pm-9pm <b><i>KATONG</i></b>	OFF	OFF

# AREAS OF EXPERTISE

**GENERAL  
HEALTH &  
FITNESS**

**MUSCLE  
GAIN**

**FAT LOSS**



- **All clients will be onboarded into the mypthumb app**

**\*In collaboration with mypthumb**



# JON'S PREVIOUS CLIENTS



“ The biggest impression Jon gave me since I first met him is his patience and empathy.

In a result-oriented and fast paced environment that we are living in, he gave me the assurance and confidence that he only has my best interest in mind when designing bespoke training program despite all the constraints.

By doing so, I was well motivated to keep up with the program, never dreaded the training sessions, had me looking forward to the end game. “

-Woon

# JON'S PREVIOUS CLIENTS



“ Jonathan my trainer has helped me achieve my goals so far and I love the sessions conducted by him. He makes it fun and enjoyable to train. He is also very motivating and encouraging.

If motivation, flexibility and a personal approach is what you are looking for in the gym, then Jonathan is the one for you! “

-Alan



# JON'S PREVIOUS CLIENTS



**“ My personal reviews on Jonathan. He was also my husband’s personal trainer.**

**Having Jonathan as my personal trainer may hands down be the best thing I could have done for myself after not been exercising for god knows how long! Jonathan does go above and beyond to help me realize my goals.**

**His workouts are challenging to me but done in a fun atmosphere. He is also very encouraging and never once put me down. Highly recommend him and the high quality personal training he provides! “**

**- Petrina**



# STRUCTURE OF TRAINING PROGRAM

- **To ensure results are seen, we need you to commit to:**
  - 1) At least 2-3 days of training per week
  - 2) Track your diet everyday (via myfitnesspal app)
  - 3) Sufficient rest (7-8 hours of sleep)

## 12 sessions

- 2 sessions/week for 6 weeks OR
- 3 sessions/week for 4 weeks

## 24 sessions

- 2 sessions/week for 12 weeks OR
- 3 sessions/week for 8 weeks OR
- 4 sessions/week for 6 weeks

## 36 sessions

- 2 sessions/week for 18 weeks OR
- 3 sessions/week for 12 weeks OR
- 4 sessions/week for 9 weeks

### **NOTE:**

This is just a rough idea. Sessions per week can be tweaked according to your goals/training experience/how fast you progress, etc. For example, if you are a beginner on a 24 session training program, first 4-6 weeks will be an adaptation phase (twice per week) before progressing to 3 times a week. Ultimately, trainer will decide on the best route.

# STRUCTURE OF TRAINING PROGRAM

**Daily**

- **Tracking of nutrition in line with goal**

**Weekly**

- **Body composition analysis**
- **2-3 workouts**

**Monthly**

- **Progress pictures**
- **Review of progress**

# STRUCTURE OF TRAINING PROGRAM

**All training packages are inclusive of nutritional coaching**

- Calculating client's calorie needs based on information provided and your specific goal
- Calculating a macronutrient profile based on caloric needs, goals, food preferences and exercise style
- Educating clients about making smarter food choices
- Usage of myfitnesspal app (synced with mypithub) to track your daily meals and keeping you accountable to it
- Help Clients achieve positive behavioral changes toward diet and nutrition
- Discuss pros and cons of various styles of eating to help clients decide the best approach for them.
- Collaborate with clients to set realistic goals and expectations

## **NOTE:**

- Our trainers are not allowed to prescribe specific meal plans or conduct nutritional counseling, that's the role of dieticians. What we can do is provide general nutrition recommendations.



# STRUCTURE OF TRAINING SESSION

<b>Warm up (5mins)</b>	Dynamic stretches, mobility, light cardio
<b>Main workout (45-50mins)</b>	Dependent on training goals and program designed by trainer (upper/lower body, push/push/legs, full body, specific body part, etc)
<b>Core (5mins)</b>	3-5 core exercises
<b>Cardio (5-10mins)</b>	Dependent on training goals and program designed by trainer (HIIT, steady state cardio, etc)
<b>Cool down (5mins)</b>	Static stretches, mobility

# TRAINING PACKAGES

<b>Trial &amp; Consultation - Free</b>	
<b>Ad Hoc - \$150</b>	
<b>12 Sessions - \$1440</b>	<b>(\$120/session)</b>
<b>24 Sessions - \$2640</b>	<b>(\$110/session)</b>
<b>36 Sessions - \$3600</b>	<b>(\$100/session)</b>

## CANCELLATION POLICY

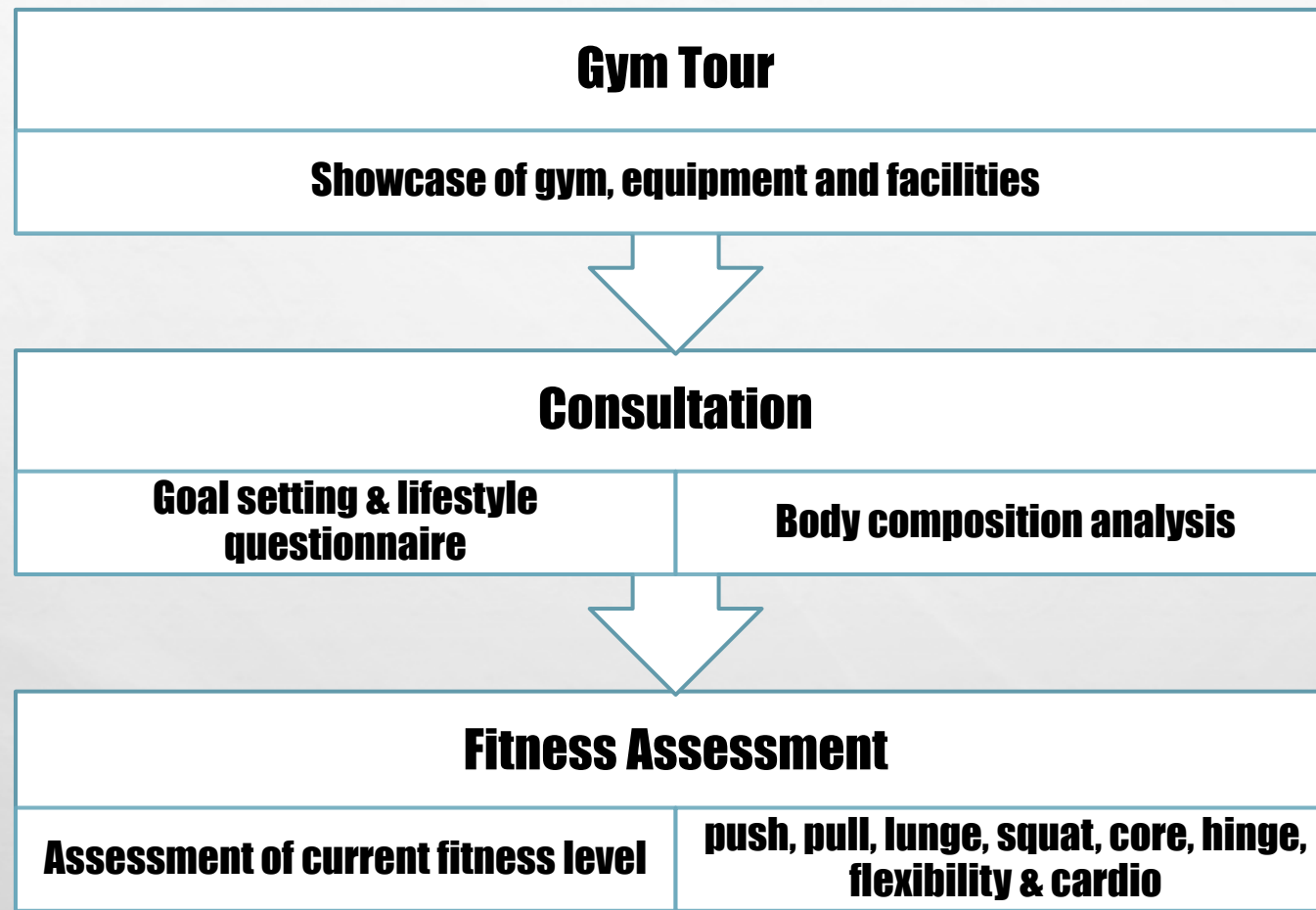
- Trainer to be notified of cancellation 48 hours before the start of the planned session
- Session will still be counted for if failure to do so

## TRAINING PACKAGE POLICY

- Payment to be made in full upon purchase of package and before commencement of training program



# TRIAL & CONSULTATION



1 hour

# CONTACT US



## **INSTAGRAM**

- **@everythingfitnessig**



## **EMAIL**

- **support@everythingfitnessco.com**



## **WHATSAPP**

- **+6592292321**