



SPARTAN

Training + Coaching

Over 10 years of experience helping clients achieve their goals. Specialized in fat loss, bodybuilding, bootybuilding, athletic performance, injury prevention, and chronic pain correction.

THE SPARTAN FAT LOSS BLUEPRINT – FREE FOREVER

- ✓ THESE ARE MY TOP 3 SECRETS TO LOSING FAT FAST.
- ✓ Learn the exact methods I use for MAXIMUM FAT LOSS.
- ✓ Get the FREE guide now—No gimmicks, just RESULTS!
- ✓ Download instantly! Use your phone's camera & scan here.




ELITE COACHING – 100% REMOTE & FULLY CUSTOMIZED

- ✓ ~~\$300~~ ~~\$350~~ – Self-sufficient? Need guidance without sessions? This is for you.

1-ON-1 ELITE TRAINING – ONE-HOUR SESSIONS

- ✓ ~~\$175~~ ~~\$200~~ – Single Session – Experience elite training, no commitment.
- ✓ ~~\$600~~ ~~\$750~~ – 4 Sessions – Steady progress with a 100% customized program.
- ✓ ~~\$1120~~ ~~\$1400~~ – 8 Sessions – Faster results, more feedback & accountability.
- ✓ ~~\$1450~~ ~~\$1950~~ – 12 Sessions – Elite-level results with maximum support.
- ✓ ~~\$2400~~ ~~\$3600~~ – 24 Sessions – Ultimate commitment to a total transformation.

 Premium training, expert guidance & elite results at a local community rate.


 Limited slots—only select clients at a time. Apply today to secure yours.

BONUS BENEFITS

- ✓ Complimentary session for all new clients, plus referral rewards!
- ✓ No gym membership required—just show up & train!

Questions? Contact: 434-236-0039
spartantrainingandcoaching.com
@SpartanCoach117 on IG, X & YT!



 Scan Me!
Follow, Learn,
& Apply Today!

(Prices shown do not include tax. Payment required upfront to ensure commitment to your goals.)