

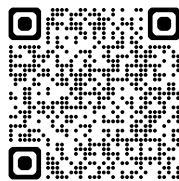


SEPARATION SZN ATHLETICS

A DIVISION ABOVE YOUR COMPETITION

TRAINING OPTIONS GUIDE

www.separationsznathletics.com  

SERVICES	SEPARATION SZN	HIGH-LEVEL PT	LOW-LEVEL PT	BOOTCAMPS	BY YOURSELF
In-Depth Assessments	YES	No	No	No	No
Individualized Training Programs	YES	Maybe	No	No	No
Nutrition Guidance	YES	Maybe	Maybe	No	No
Supplementation Protocols	YES	Maybe	Maybe	No	No
Lifestyle Management Guidelines	YES	Maybe	No	No	No
Check-Ins	YES	Maybe	No	No	No
Expected Price	\$100-\$115	\$115-\$200	\$50-\$70	\$100-\$300 Per Month	\$0
Expected Results	1-3% Body Fat Per Month Lost 1-3 LBS Of Lean Muscle Gained Per Month	?	?	?	

“The groundwork for all happiness is good health.” — Leigh Hunt.