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# PREMIUM COACHING EXPLAINED



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# Physique Development... Simplified!

## Summary of What you will receive...



- Easy to Follow Customised Training Plan
- Logbook App to Training Measure Progression
- Training Breakdown Booklet
- Quick & Tasty Meals Guide Including All your Favourites
- Flexible Dieting Guide
- High Micronutrient Food Guide
- Daily Communication & Weekly Check-Ins
- Program Micro-Management & Adjustments
- Join a Private Community of People Supporting You
- Easily Manage around your Work & Lifestyle
- Designed around All Injuries, Niggles & Intolerances
- ANALYSIS of your training videos in detail
- VIDEO & VOICE NOTE Feedback and Explanations
- Supplements Simplified Booklet: Essential for You
- Access to our Live Weekly Seminar
- Guaranteed Results



# EASY TO FOLLOW

## Customised Training Plan that Tracks your Progress!

- Fully Customised Training Plan
- Detailed Description of Every Exercise
- Video for Every Exercise to make sure you feel confident performing in the gym!
- Video/Technique Analysis of your Form
- BONUS: Free Booklet explaining all of the technical terms to turn you into an expert!

# Quick & Tasty Meals

**Meals Including All of Your Favourite Foods that you Love!**

- Fully Customised Nutrition Plan
- Flexible Dieting Guide & Education Videos
- Learn & Progress at the same time so you never have to 'diet' again!!!
- Easy & Fast Meals that actually taste good
- We will show you how eating healthy actually saves you money...





“Building muscle whilst dropping body fat – I’ve been training seriously for over 7 years but my training and diet needed some changes, since starting with PB fitness academy I managed to get in the best shape of my life all from the help of ...

★★★★★ by Rory Davies

“Absolutely amazing service, the results I have seen since joining have been absolutely unbelievable. I have tried dieting and training many times before but nothing has worked. Can’t speak highly enough off Llew and the team!”

★★★★★ by Alexander Stevens

“Absolutely brilliant experience. – If you take a look on social media the results speak for themselves. Worked wonders for myself and can’t thank Llew enough, not just for the sheer detail in the personalisation of the training and diet plan ...

★★★★★ by Aled Davies

# Motivational Support

- Daily Communication to keep you on track!
- Weekly Accountability Check Ins
- We will work together to make sure you succeed at an ideal rate!
- Avoid Plateaus with fast reactions
- Feel supported throughout the process!

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to get too excited by the scales. I cant believe how well im feeling with the amount im eating. You are a genius. Have a fab week.

11:23 am

I actually can't get over how good the food is  
Literally doesn't feel like I'm on a diet 🤔

12:07 pm

That's exactly the goal! Not a diet or short term fix, just showing you how to manage foods/calories/macros to use these skills forever

5:52 pm ✓

**You are more likely to be  
successful when you enjoy what  
you're doing** 📈

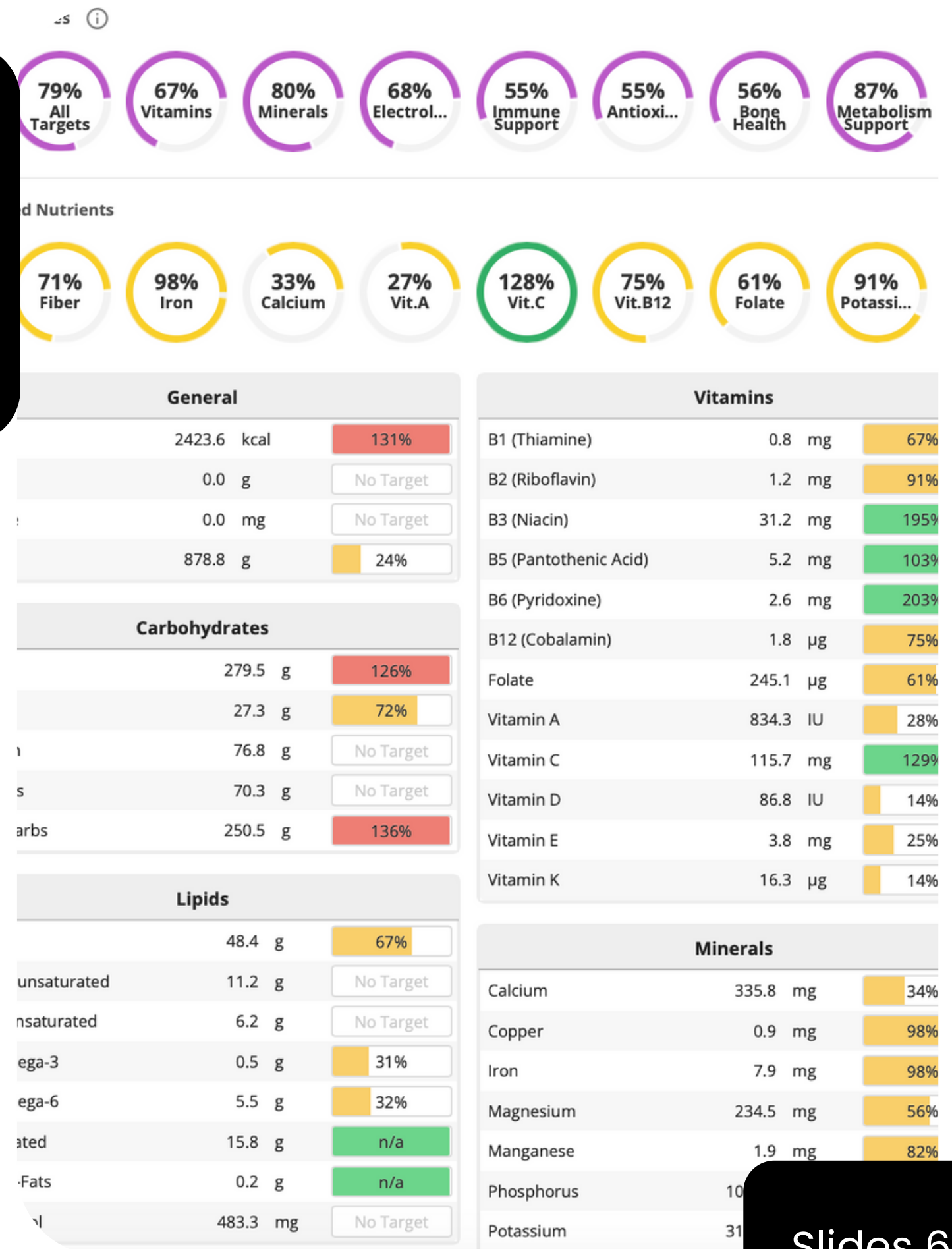
Thanks again bro can't wait for Friday!! First time this week I'm actually feeling really happy with the pictures and starting to see a difference! Weight is going up nicely in the gym also! Mate im just loving it all round at the moment no complaints my end!

1:18 pm

**Confidence** 📈

# FAST TRACK Progression Hack!

- Program Micro-Management so you never stall!
- Spot plateaus before they happen
- Sustainable progress that doesn't make you feel like you're on a 'diet'
- Learn our methods & protocols along the way
- The secret to achieving Results you can maintain!



# STOP FIGHTING THIS ALONE...

Join a Community of like-minded people that will be there to support you and each other!

We have a private group on Facebook, Support Group on WhatsApp as well as our weekly Live Meet Ups online via Zoom!

We go above and beyond to make sure you are supported every single day and most importantly  
ENJOY THE PROCESS!!!







# Lower Stress...

**Easily manage as we build the plan around your Work, Lifestyle, Family & Commitments!**

**We will help you manage your time, giving you ideas of when to shop, cook/meal prep and of course fit training into your busy schedule!**





# Overcome Your Struggles



- Training Programs designed around Injuries
- Avoid niggles with specific exercise selection
- Nutrition designed around your intolerances
- Everything is built to optimise your performance
- We have created this from years of experience working with beginners all the way to professional athletes!



# Supplements Simplified Booklet

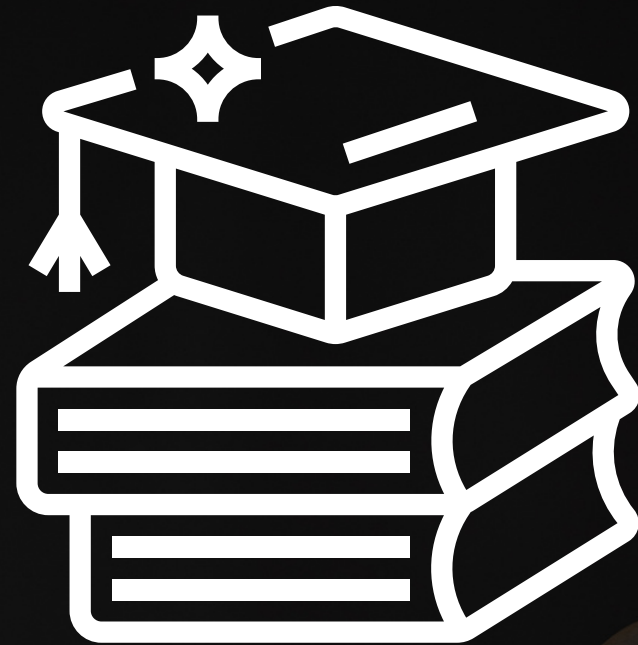


- We will detail all of the 'Essential' Supplements for you
- Easy-to-Understand Guide
- Free Booklet breaking down every supplement in great detail for those that are interested!
- Learn what is important for you
- Save money by not wasting money on Poor Supplements





# LIVE WEEKLY SEMINAR



- Access to Elite Education
- Learn the Secrets to Our Clients Success
- Interact live with all of our Team!
- Your chance to ask questions and learn from everyone else's experience!



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## OUR PAYMENT PLANS

YOU WILL FINALLY HAVE  
EVERYTHING YOU NEED TO  
REACH YOUR GOALS!

Currently we only work with clients for a minimum of 12 weeks, that way we both have trust & a guaranteed commitment along with a realistic period of time-frame to achieve sustainable results.

Our Coaching Program is completely individualised as you have seen. Our packages will be shared in detail with you on the Zoom Call.

We now work directly with **Klarna** allowing you the option to split the initial cost into small interest free payments.

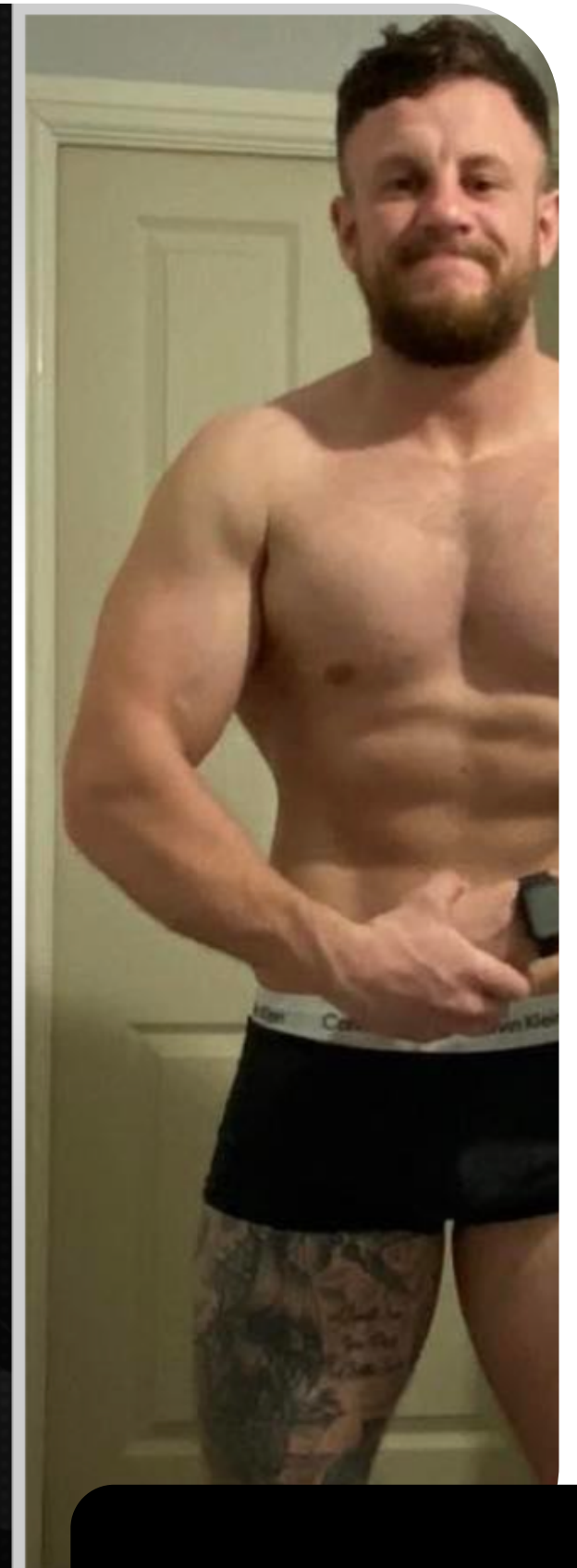
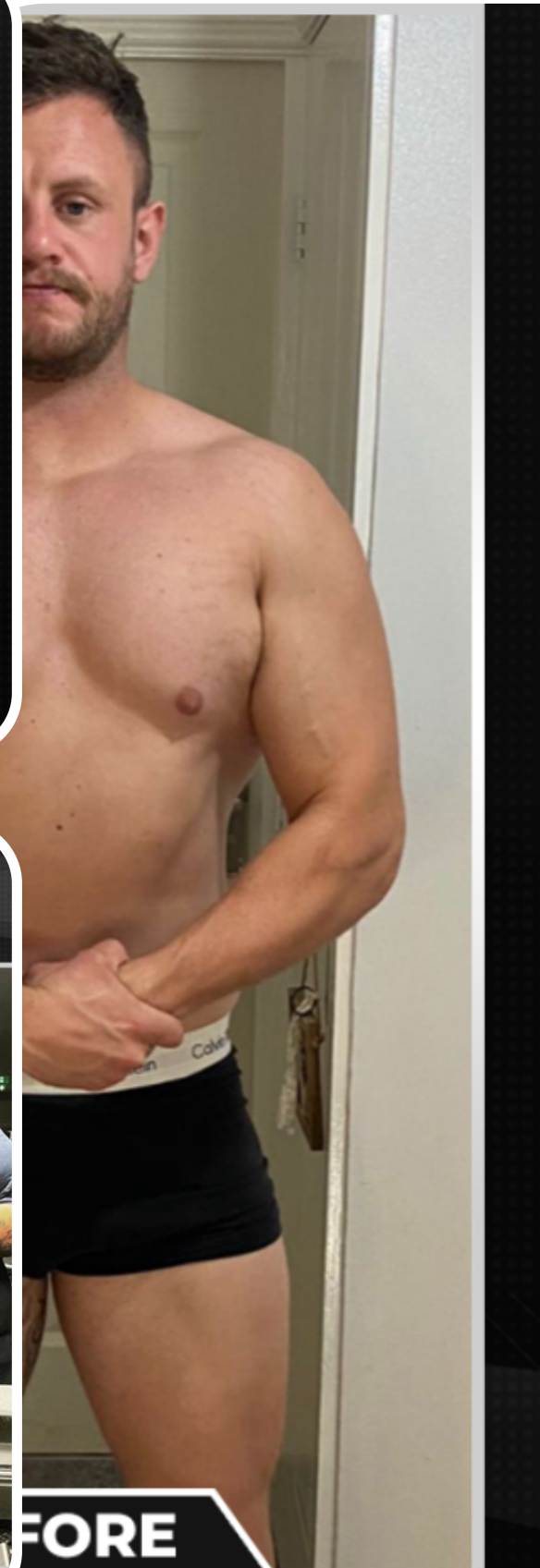
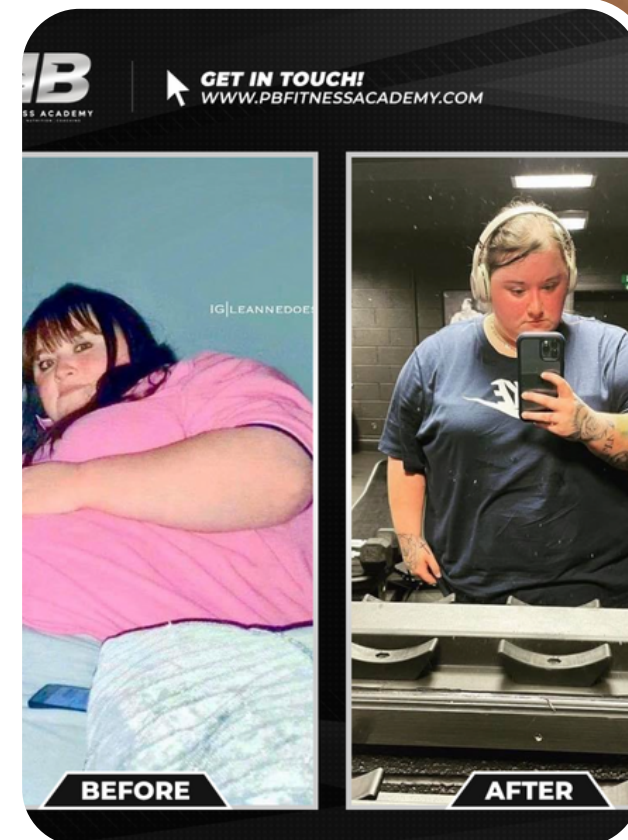
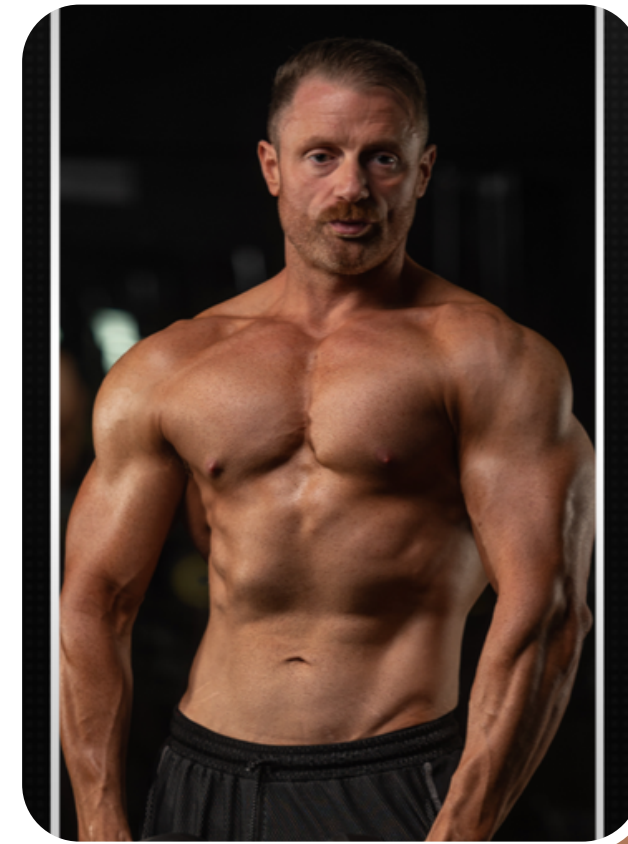
To give you an idea, Our packages range from £99-£499/month depending on the level of Support Needed!

There are no minimum term contracts, meaning you can cancel anytime.



# GUARANTEED RESULTS

We will have a strictly professional relationship, meaning we want results just as much as you do. This is why you can trust us to do everything in our power to make sure you reach your goals!





# WHAT QUESTIONS DO YOU HAVE?

Please message Llew on his personal  
whatsapp number with all of your  
questions and concerns

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# Thank You For Your Time

**Let's pencil in a start date and begin  
mapping out a route to your goals**

Message Llew on WhatsApp  
+44 7780 498128