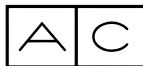


FREE GUIDE

THE ULTIMATE FITNESS GUIDE FOR BANKERS

“quick tips for senior level executives to start getting in shape in less than 30 days”





Introduction



In this guide for banking and finance professionals, we will give you the core solution to get fit fast.

We know that as a busy worker, your time is the biggest constraint to losing weight and that your schedule is the biggest challenge to overcome.

This is why our core solution is for you to **INVEST IN FITNESS LEVERAGE.**

There are four components to investing in fitness leverage and in this guide you will learn exactly what they are and how to get them.

1. Environment

The first step to getting strong, healthy and fit is to be motivated to do so and to be around the type of people who will inspire you to workout.

Having a team of people who are incentivised to help you get started on your fitness goals is crucial to making real results happen.

Identifying a group of people who want you to hit your fitness goals is one of the highest forms of fitness leverage as it is always easier when you have the right community to support you to achieve your goals.

2. Accountability

The second form of fitness leverage is to invest in having reliable accountability partners.

When you have people who are dedicated to holding you accountable, it is easier to make sure your workout plans are not neglected due to your busy working schedule.

Accountability to someone else increases the chance of staying on track as people do not want to let others down.

Finding people who will hold you to your goals can be difficult, but is also one of the highest forms of fitness leverage available.

3. Expertise

There are so many different types of diets and training routines today that it is difficult to know what to do.

With a demanding schedule, you do not have the time, effort and energy to research and figure out what the best training systems are.

That is why the third and one of the most powerful forms of leverage is to invest in fitness experts who have deep knowledge of how to hit your goals.

Finding experts you can trust with the right nutritional and training knowledge is key to getting results effectively.

4. Proven Results

The fourth core component to investing in fitness leverage is making sure the expert you have invested in has actual experience in getting real results.

These results should be measurable, specific and trackable.

Seeing results from other people not only shows that the expert you choose to work with knows their stuff, but will also give you the confidence for you to achieve your goals.

Because if someone else like you can do it, then you can too.

Summary

Environment, accountability, expertise and proven results are the four components to investing in fitness leverage.

The easiest way to get all four is to find a personal training gym and to see if they can offer all four components.

We at Athletic Club believe we deliver the ultimate fitness leverage for our clients and invite you to a **FREE TRIAL** with us.

Simply click on the button below and we will see you on the other side.

FREE TRIAL

