



FIT THICK Program

LADIES, LETS BUILD SOME MUSCLE

TEAMFFLEX

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About Teamfflex

At TeamFFlex, we are redefining personal training forever by creating sustainable and long-term results. The coaching and program you receive works for your body instead of against it. Your training is offered through our online training app that will walk you step by step through the process of conquering your goals! Stay accountable by tracking each workout, your personal bests, and your physical progress. Through our flexible dieting approach you can actually sustain, enjoy and more importantly **ACHIEVE** the results you want. You can literally have your your cake and eat it too! We stand by our morals and commitment to our clients and are available 24/7 for support! Join us in our journey to change the world and help others achieve their fitness goals!



Team
FFLEX

FIT THICK

THE
Future
of
FITNESS

Let's revolutionize the way we view and interact with fitness and our goals!

For generations, we, our mothers, our mothers mothers and (lets be real) all of the women ever have been told what the perfect body is and how to attain it through fad diets. And for the last few decades that perfect body has been: skinny, one size fits all, don't eat food so you can lose weight, try to be smaller, insanely restrictive, low calorie, no carb and no sugar diets. Society has told us too fit into this teeny tiny box of what someone else decided the perfect body is.

Everything in fitness has been geared towards making women LESS and I challenge you to be MORE!

That is what this program is all about.

This program has been specially designed for woman who want to build muscle and increase their strength.

There is so much more to fitness than just working out to see a smaller number on the scale or fitting into a smaller size of clothing! Now don't get me wrong, fat burning is important and most definitely has its place but that is not all there is working out.

Often times, I have found that most women have been conditioned to think about fitness as ONLY about losing weight and gauge all of their progress by a lower number on the scale. But what if for a second we forgot about the scale... What if, instead of thinking about how much you weighed you focused on hitting new Personal Strength Records (PRs) in the gym? What if, instead of stressing over every little thing you ate, you actually enjoyed your food and not only that but you saw building more muscle as a GOOD thing? Now bear with me, what if you didn't care about the scale AT ALL!?

Lifting heavy and strength training not only burns more calories but HAVING more muscle burns MORE calories at rest! Not only that, but lifting for strength aiming to build muscle is FUN as hell!



Before the Fit Thick Program

During the Fit Thick Program



Muscle **BUILDING** *Myth* **BUSTERS**

Myth #1: Muscles make women look manly

FALSE! This could not be further from the truth! Steroids are what have the possibility to make women look manly. When you work to build muscle as a female your body will build firm muscles that compliment you and your feminine frame!

Myth #2: "I'm afraid to lift too heavy because I don't want to get too big"

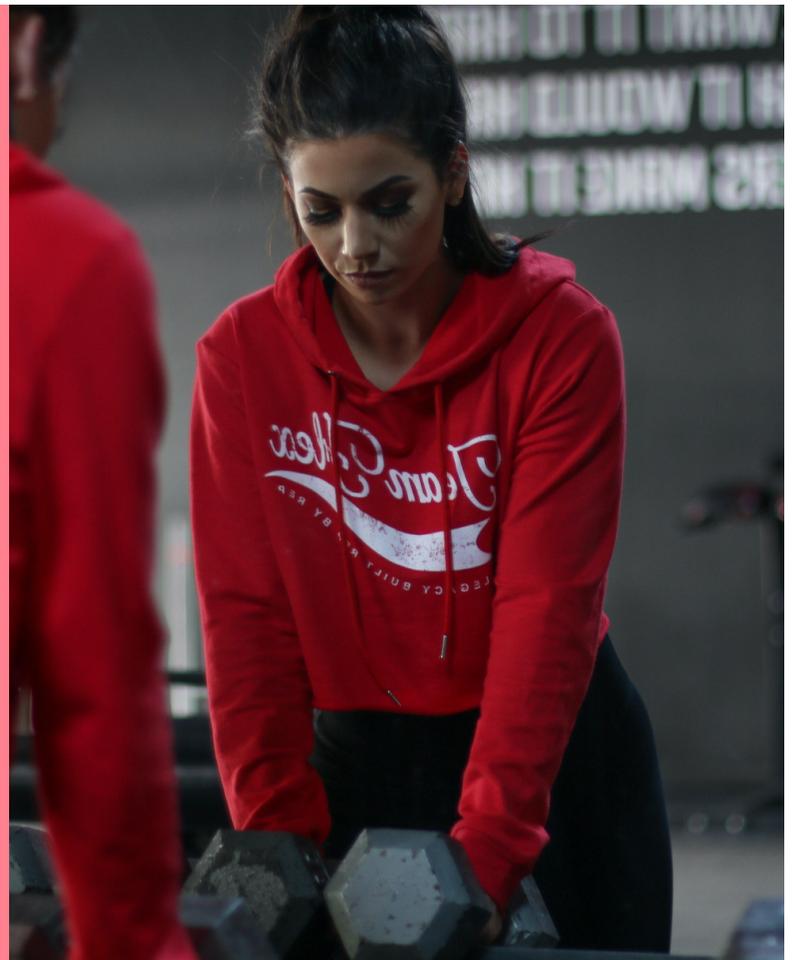
You cannot get too big on accident! Women and men with large muscle mass train very hard to get that way, it's not going to just happen on accident because you're challenging your strength! PLUS the second you're content with muscle you have gained you can tell your coach you want to maintain or burn fat and your Fit Thick Program will be adapted to your goals!

Myth #3: Eating more food is going to make me fat.

Yes, this can happen without the proper training. However with this program extra calories are going to be put to good use, towards building your muscle and increasing your strength! Your body NEEDS calories to build muscle and to lift heavy! You cannot build a house without bricks, same goes for your body; you cannot build muscle without giving it anything to build WITH!

Food is FUEL. Food is going to help you pack on dense beautiful muscle and give you the energy you need to challenge yourself in the gym!

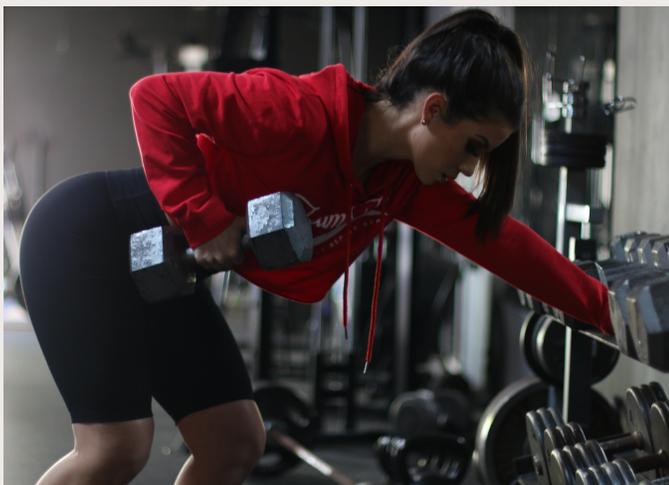
BENEFITS TO Strength Training & BUILDING *Muscle*



Benefit #1: Weight Control

The more muscle you have the easier it is to control your weight and the more efficient your metabolism becomes.

Strength training not only builds lean muscle mass, but it also burns more calories over time than cardio. Your body will adapt to a cardio program and you will burn less and less calories as you continue to do cardio. This happens because our bodies are highly adaptive, it will recognize your cardio routine as a means to survive or a necessary daily routine and adapt to burn less and less calories (hence needing to do more cardio over time for the same results). Cardio, because of its adaptive nature, will become your bodies "new normal".



Strength training is different because the exercises in this strength training program are always changing and it becomes extremely difficult for your body to adapt, thus you will always burn more calories strength training/weight lifting vs. just doing cardio!

Strength training alone not only can burn more calories, but it also builds muscle mass which is crucial to burning calories efficiently. The more muscle you have, the more efficient your metabolism becomes the more calories you burn at rest. For every pound of muscle you gain, your body uses 50 extra calories a day! Your muscle literally WORKS FOR YOU!

Benefit #2: Strengthens bones

Strength training is what helps build your muscles, one of the many benefits to strength training is the positive impact it has on your bone health! Stressing your bones creates bone density and can aid in preventing osteoporosis which is a disease in which the density and quality of your bones are reduced! This causes your bones to become fragile and porous. Protect your bones and lift some weight, not just for today but for your future older self!

Benefit #3: Protects your joints

Building and strengthening your muscle is one of the fundamental ways to help protect your joints. Our muscles help carry the stress and weight of our movements, when your muscles are strong it gives your joints greater support and helps properly aligns your bones. Which brings me to our next benefit..

Benefit #4: Aids in Posture

With the proper strength training program you can help re-align your posture and eliminate pain! This happens because strengthening weak muscles helps to pull your body into correct sitting, standing and movement positions. Strong muscles support your bodies proper alignment.

Benefit #5: Reduces your risk of being injured

When you build your strength in your muscles you also build your strength and flexibility in your ligaments. In doing this you also decrease the risk of them becoming torn or strained. If you have a muscle imbalance in the body you are higher risk for injury vs. if your muscles are all equally balanced and strong!



Benefit #6: You get to EAT MORE

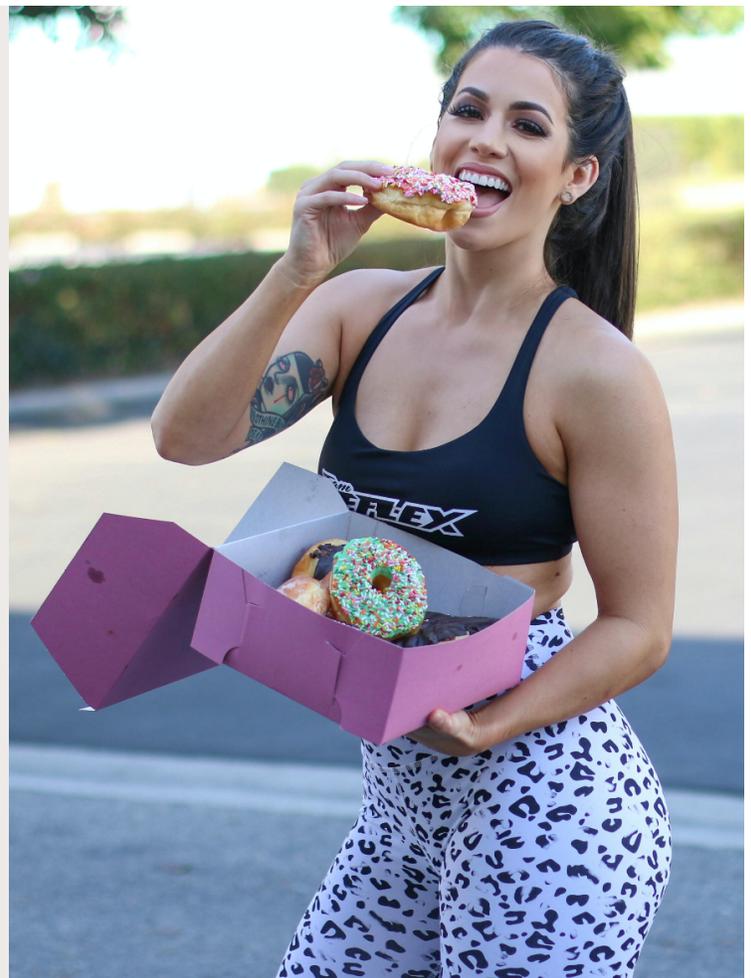
YES! YOU GET TO EAT MORE!

And not just boring food, with TeamFFLEX we make sure you get to eat the food you LOVE!

As previously mentioned, on a strength training, muscle building program you need more calories so that you can actually BUILD the muscle that is so beneficial for you!

Building muscle and working on strength is honestly just fun. We want you to ENJOY your workouts and your program! No more dreading the gym. So Join me, throw away the scale, throw away your narrow vision of what fitness is and find out what it COULD BE! Which is: who cares about scale, eat the food you love, lets get STRONG and BUILD SOME MUSCLE!

FIT THICK is the FUTURE OF FITNESS FOR FEMALE!



1. Complete Program Overview

A highly detailed and comprehensive training guide will walk you step by step through the process of conquering your goals. All the guess work has been stripped away... What's left are the essential, proven plans for creating lasting results unlike anything you have ever seen before!

2. Totally Custom Training Program

Telling you a workout and explaining exercises is one thing.. SHOWING you exactly what to do is another. Each and every exercise in your training plan will have highly detailed exercise instruction video coached directly to you for maximum training precision. Use the app to track your sets, reps and weights for a complete training experience!

3. Totally Custom Nutrition Program

You don't need another diet. What you need is something you can sustain. Something that will produce the results you want, when you want them. These are absolutely incredible flexible plans that allow you to eat YOUR favorite foods and still make incredible progress towards your goals!





4. Direct Contact With Your Coach

So many fitness programs are just numbers and letters on a paper. Unfortunately all too often the program is confusing and if you have any questions, good luck. For you to be comfortable and conquer your goals you need to have the ability to communicate with a real human being! We have developed personal contact for you and your coach so you can ask any and every question that runs across your mind!

As you read this, thousands of people world wide are benefiting from what was just once an idea. People around the world are achieving results they never thought possible in a coaching experience that will literally redefine the industry. There is nothing that the coaches of TeamFFLEX want more than to help people achieve their goals and dreams.

**TO JOIN TEAMFFLEX AND TRAIN WITH US TODAY,
VISIT: WWW.FUNCTIONALFLEX.COM**