

# FOUNDATIONS

By **UP**  
**TRAINING**

This is the program that will teach you the beauty of simple. We strip the complications away and leave you with the plan you need to achieve the results you want!

## REGISTER TODAY!

(Live Launch May 10th)

Register by emailing  
[coach@uptraining.ca](mailto:coach@uptraining.ca)

**COST: \$70**

(Includes lifetime membership to  
UPtraining Locker Room)

### Who is this for?

The beauty of this program is that it is customizable to your individual level of fitness. You will learn the principles involved in each phase and then decide how long your body needs to stay in that phase before progressing to the next. To help get you started, there will be three schedule options for you to choose from based on your current fitness level

### How long?

4 plus weeks (can vary based on the level you begin with)

### Program Levels

'**Begin Like a Boss**' - New to fitness

'**Back at it**' - Experienced with fitness but it's been awhile

'**The Grind Never Stops**' - Experienced and have been training regularly

### Program Components

Progressive plan with strong focus on strength lifts

Complete fitness program

Nutrition basics of clean eating

Video demos of each exercise

Recipes included