

## CUSTOM ONLINE PERSONAL TRAINING & NUTRITION:

Sure, there are 100's of other cheap trainer apps out there, but this is the **ONLY** one that is *customized* to your goals, limitations, fitness level, if you play sports and the equipment you have access to. You can also text or Skype me through the app. I will design and monitor your nutrition through the app, which is 70% of your results. **NO OTHER APP OFFERS ALL OF THIS!**

### FEES:

There are 6 levels of progressive workouts too go through to reach your goals and each level lasts for one month. For faster results and too reduce the risk of injury, it is highly recommended to sign up for a 6-month contract that is only \$100/month. One on one training just 2X's a week would cost you \$560 a month.

You can do a 3-month contract for \$130/month, but you won't make it through the 6 levels of fitness. If you're not sure that online training is right for you, you can pay month-to-month for \$150/month.

### Assessments

I will send you the assessment tests that I want you to do so I can design a tailored plan around your assessment results.

### Workout syllabus

You will receive a three-month workout syllabus outlining the present & future workout progression based on your assessment results.

### Monitor your progress

I receive notifications and can analyze all areas of your program; before-and-after photos, body stats, heart rate, body fat, nutrition, personal bests, graphs, strength gains and make changes if I see a plateau.



### Nutrition

I provide a holistic approach to training by impacting nutrition habits

### Meal Plans

Nutrition is 70% of your results. I'll give you different meal plans for the first 4 months to see what your body responds best to. I'm able to see how you manage your nutrition through the app.

### Track Meals and Macros

I can track your nutrition through the Fitbit or My Fitness Pal app integrations. The Fitbit integration gives me access to your body weight, resting heart rate, calories, macros and complete meal diaries.



# Train With Any Style Of Lifting

## Custom Exercise Videos

There is a short custom video & audio next to each exercise to show you proper form.

This is important for advanced athletes, bodybuilders and power lifters to increase power, speed, quickness, strength and reduce the chance of injuries. Learn advanced lifting techniques and decrease plateaus in strength and body fat loss.

## Any type of workout

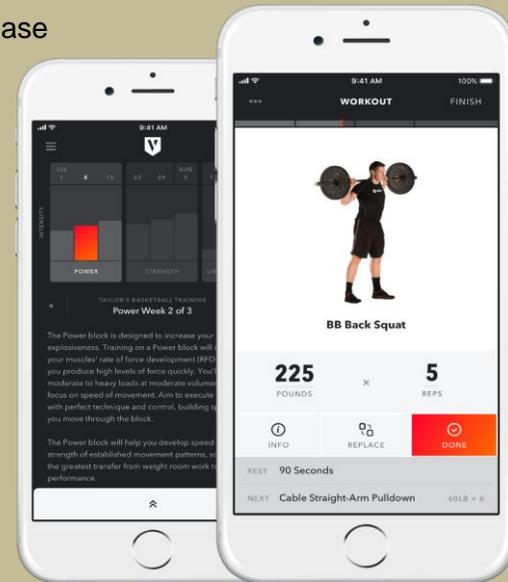
I can build a general weight loss, bodybuilding or an advanced sport specific workout for any sport. I can design it for a gym, hotel room or outside. If you travel, take a pic of the equipment you have access to and I'll tailor a workout for that.

## Weight/Rep workouts, Interval & Circuits

I can design Interval workouts with a built-in timer, rest periods, and voice-over audio. Let me know if you are looking for strength, size, get lean and ripped or any other goals.

## Monitor your progress

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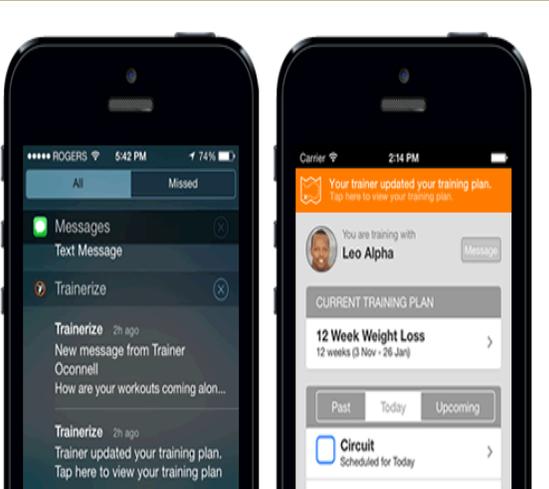


## Messaging

### In-app messaging & Client Notifications

I keep clients engaged through messaging and reminders. I can send & receive messages through the app and you will receive mobile app notifications reminding you to do your workouts and check-ins, this really helps with accountability and results.

See how the app works: <https://youtu.be/QEg7Qp00-8>  
(Copy and paste if link doesn't open)



***I guarantee that I can you in just as good of shape with my online training as I can standing next to you spitting motivational slogans in your face or your money back!! If this guarantee doesn't entice you to try my service, you really don't want to get in shape.***



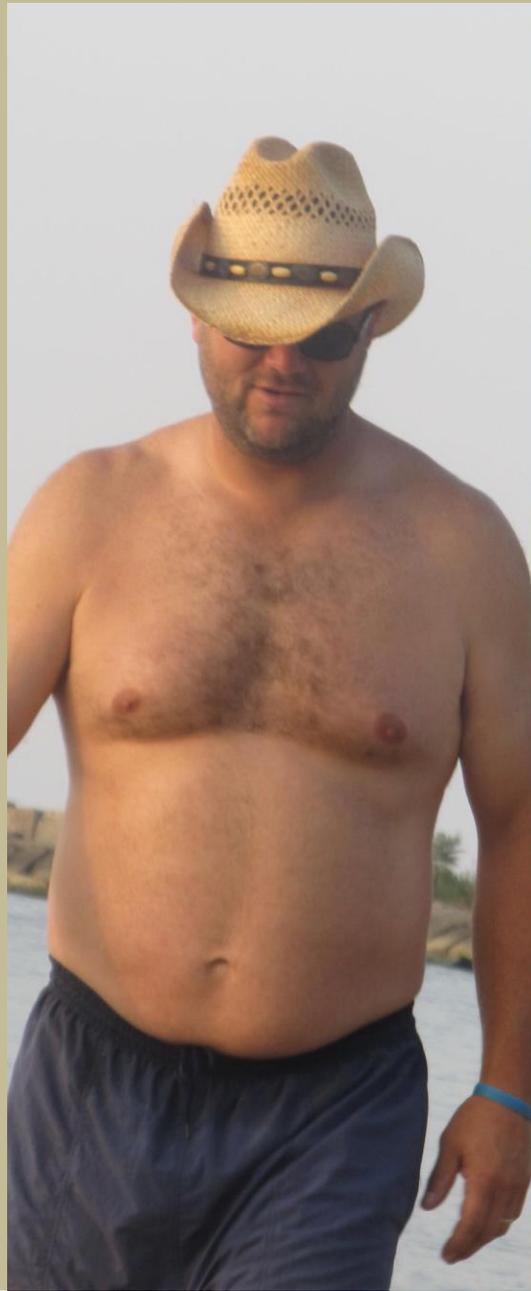
I completed Tim's custom online training "Lose 20 lbs in 60 days program from September 10th - November 15th of 2018. (I took a few extra days because I had also managed to snag an 8 week unlimited pasta pass from a popular Italian eatery that somewhat slowed my results). The program consisted of a diet similar to the keto diet, exhilarating/exhausting exercises, and intermittent fasting. Tim made the program very simple to follow and was always available to answer questions. He also made it very accessible, he provided instructions on what to eat and when and an exercise program that did not require a gym membership. I was able to do all of the exercises Tim provided from the comfort of my living room or running in my neighborhood. I am very pleased with the results of Tim's program. I continued intermittent fasting through the holidays and despite my holiday feasting, I maintained my weight loss through the holidays. (I loved starting the new year for the first time without the looming dread of starting a new diet January 2nd). I would highly recommend Tim's program and trainers to anyone looking for accessible health options and sustainable weight loss options!

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Best,  
Lizzy



I needed the most help these past 3 months for those last 20 pounds and for that I want to acknowledge Tim Schilcher and Myofitness Personal Training. His workouts cover strength and cardio. The variety and challenge makes the time go by so fast, I am often surprised that work out time is over. I look forward to the workouts each morning and I do similar workouts when I can't make it to his. His workouts are for beginners or advanced and it is in a group setting where everyone is there with the same goals in mind. If you think you are ready to transform your body and lose some weight, don't wait, give it a try now. He also has great knowledge on nutrition and eating plans to assist you. I highly recommend Myofitness and I hope to see some new friends at the daily workouts!



Vikranth Vummra

I lost 44 lbs since I started to workout with Myofitness. I was 196 before joining and currently my weight is 152 lbs.

Working with Tim from Myofitness at PPG/Vitro at lunch time really helped make the difference. He is an expert and delivers quality workouts and nutritional advice.

Also, he has suggested to me some great diet plans to follow like intermittent fasting for 2 hrs after workouts, which includes no carbs or sugar, only protein during this time. The whole team is very knowledgeable regarding exercise modifications and strengthening weak areas.