



Strong Beings

BUILD YOUR BEST VERSION WITH US



NUTRITION



WORKOUTS



WELLNESS COACHING



CHECK OUR PLANS AND SERVICES DESIGNED FOR YOU.

SCAN THE QR FOR MORE INFORMATION





Strong Beings

# WORKOUTS



A training plan tailored to your daily needs, whether you are an athlete who needs to improve your performance or simply want to have a physique endowed with qualities that allow you to perform all the movements and strength necessary for daily and sports activities, increasing self-esteem and self-confidence. endowed with a healthy body and aesthetically well developed.

Our training plan will allow you to progressively develop muscle mass that you will be able to see week after week, improving your speed and strength day by day with each training session, which will strengthen each of the muscle groups while decreasing the percentage of fat in your body. body and possible fluid retention all accompanied by a diet and rest processes that guarantee rapid and progressive results

Strength exercises in combination with cardiovascular routines and our nutrition plan will help regulate your cardiovascular and hormonal system, naturally increasing your blood testosterone levels, improving your mood, creativity and energy levels, giving you a better quality of life.

Sessions of 45 min - 1 hour are enough 3-5 times a week, depending on the objectives, they will change your body and your life forever.

Our Workouts plan will help you establish routines, measure progress, improve strength and muscle mass, burn fat, through a series of exercises chosen directly for you according to the data on your physical constitution and your activity as well as additional information that you indicate your motor weaknesses and strengths as well as the aspirations you have about your performance.

Scan for know more  
about plans and prices





Strong Beings

# WORKOUT



Standard online work out plan for \$89 with:

- Exercise routine intended to be performed between 4 to 5 sessions per week.
- Access to our exercise execution videos section where you can evaluate and repeat each of the movements that we will suggest.
- Guide to basic exercises depending on the level and adapted to your needs.
- Anaerobic and cardiovascular training sessions.
- Suggestion of exercises, number of series and repetitions that will seek your best performance and progress in the month.
- 30 min review and consultation where after the execution of your first round of exercises we will be able to analyze and adjust your process.

Plan Workout premium \$179

- Organization of series as well as repetitions that we will look for as a result of the results that give us a first guided session where you will take notes on the ability to execute the exercises as well as their number of repetitions.
- Specific exercises and guide for muscle strengthening in areas of ailment, joint points, motor immobility problems, etc.
- Measurement of strength progress and restructuring for its constant increase.
- 2 consultations of 30 min plus limited chat for concerns

Strong Being Plan for \$399 - limited places-  
everything in the previous plans plus:

- Constant review of muscle development.
- Suggestions about ailments or bad movement in some exercise.
- Review and constant measurement of cardio vascular progress.
- Chat 12 hours for inquiries.
- Periodic change of routines



## BASIC PLANS & PRICES



**STANDARD NUTRITIONAL PLAN FOR \$ 89**

**PREMIUM NUTRITIONAL PLAN FOR \$ 179**

**BEST VALUE STRONG BEING NUTRITION PLAN FOR \$ 399**

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**STANDARD WORKOUT PLAN FOR \$ 89**

**PREMIUM WORK OUT PLAN FOR \$ 139**

**BEST VALUE STRONG BEING WORK OUT PLAN FOR \$ 399**

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**STANDARD FASTING WELLNES  
COACHING PLAN FOR \$ 150**

**PREMIUM FASTING WELLNES  
COACHING PLAN FOR \$ 299**

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**JOIN ALL SERVICES IN ONE AND GET  
ONE - ONE TRAINING FOR BEST VALUE**



**NUTRITION - WORK OUT - COACHING STANDAR PLAN  
3 SESSIONS ONE - ONE EACH WEEK FOR \$ 899 MONTH**

**NUTRITION - WORK OUT - COACHING STANDAR PLAN  
5 SESSIONS ONE - ONE EACH WEEK FOR \$ 1390 MONTH**

**(ONE-ON-ONE SESSIONS BY VIDEO CALL FOR 699 AND 990- RESPECTIVELY)**

**THIS PLAN INCLUDE EVERYTHING IN THEWORKOUT NUTRITION COACHING  
STRONG BEINGS PREMIUM PLANS PLUS ONE -ONE TRAINING**

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**Strong Beings**

**AND ITS THREE FUNDAMENTAL PILLARS FOR  
THE FORMATION OF YOUR BEST BEING**



**NUTRITION**



**WORKOUT**



**MINDFUL**

**[WWW.STRONG-BEINGS.COM](http://WWW.STRONG-BEINGS.COM)**

**JOIN US AND DISCOVERY YOUR POTENTIAL (LIMITED SPACES)**

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DESIGNED FOR FALCO PILGRIM INC

