



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





NUTRITION



Our nutrition plan is focused on covering all the needs of our body, including our brain and hormonal functions, guaranteeing the best physical and mental performance of our being.

This nutrition plan is designed from mostly organic foods from nature and as far as possible unprocessed, guaranteed a complete diet rich in micro and macro nutrients that help us build and heal our body.

Under our belief that humans have everything they need in nature and in these times of globalization we can get them more easily thanks to the distribution chains that guarantee them, so we have no excuses to feed ourselves like kings and queens in our time.

Food based on fruits, vegetables, legumes, proteins of animal and vegetable origin, in addition to supplementation if necessary.

Our plan based on data about your physical constitution, activity, motor weaknesses and strengths, aspirations about your performance will allow us to carry out the nutritional system that will allow you to achieve your goals and achieve the nutritional balance that maintains your longevity and strength during the space of your life.

Scan for know more
about plans and prices





NUTRITION



Standard nutrition plan for only \$89 :

- Designed for a month without adjustments that you can contract month by month until you achieve your perfect balance.
- Necessary Caloric Consumption and its macro-micro nutrients Distribution that promotes the processes of muscle growth and fat burning at the same time.
- Optimal fat to establish in your body
- In and out energy levels to adjust this percentage of fat.
- Food designed and suggested according to your organism and genetics, which provides the best results
- Optimal hydration, through water and food.
- Selection of foods that you should never consume, thus avoiding cellular deterioration, weakening of the immune system, loss of cognitive abilities, etc.

Premium Plan for only \$179 everything in the basic plan plus:

- Food designed and suggested for:
Strengthen each of your organs.
Your hormonal system promoting muscle growth and efficient use of fat in your body
Strengthen your digestive system and colon function
- Natural supplementation focused on complementing any primary deficit.
- Apart from the 30 min consultation here you have 1 extra 30 min session and limited consultation chat



NUTRITION



Strong Being Plan for \$399 Best value

- limited spaces - premium plan plus:

- Consultation sessions every three days and the reassessment of the new data that is generated from the response of your body.
- Excellent constant monitoring for athletes with a period of time established for a competition where maximum efficiency in muscle production and use of body fat is required while strengthening the immune, hormonal, nervous and cardiovascular systems, giving our client the best physical performance. possible.
- In this plan we will be connected throughout the process, evaluating how your body responds to new stimuli in the diet, focusing on all areas of your body with 3 weekly sessions, unlimited chat with suggestions for sudden changes, adjustments, special substitutions and more. .
- Whether you are an athlete or want to improve your health and physical performance, this plan guarantees speed and efficiency throughout the process of reaching your goals, accelerating the entire process and working at the same time as a course that gives you clarity on how your body works in its best version. We are waiting for you, you will not regret it, the willingness and approach to each client limits the possibility of having many places for this service, if it is available, do not miss the opportunity



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.

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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



Strong Beings

WELLNESS COACHING



Our body moves by our nerve impulses controlled by our brain, each movement step we make comes first from our thoughts, deducing from this that they move or paralyze us. Most of the time we are paralyzed by thoughts and emotions coming from our mind, which is flooded with doubts, beliefs and fears that some cases were inserted and in other cases developed by ourselves, while we do not have a guide to make all these feelings disappear. paralyzing transforming them into powers that make us move towards the best version for which we were created.

With our guide we will be able to disable all the negative energies that do not let you advance, starting from the value that we have as human beings endowed with the capacity to become almost everything that our imagination can achieve.

Our being needs rest and connection, for thousands of years we have been evolving and growing thanks to nature that we have been exploring, discovering in it sources of energy, healing, relaxation, detoxification, which helped our ancestors to ascend to higher planes of conscience, health, and love to everything that surrounds us, both living and inanimate.

Meditation accompanied by new mantras and positive thoughts, with a balanced organic diet rich in nutrients focused on lowering acidity and making us more alkaline, with a set of herbs and roots that help regulate our energy and concentration levels.

Our coaching will help you in your process of detoxification and recovery of your entire system, improving your energy levels, sleep quality, creativity, release of fluid and fat from your body, decrease your visceral fat, recover your intestinal regularity, improve your self-esteem and security, increase your creativity and enjoy good health, several plans adjusted to your budget will help you advance in this area which we consider the most important when embarking on the journey to build your best self.

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WELLNESS COACHING



Fasting & wellness plan standard \$150

Depending on your condition, we guide you in the fasting process where we suggest the best execution plan for it, receiving the benefits in the first week of starting the process.

- Suggestion of herbs, tea, soups, purifying drinks that you can create based on ingredients that we will suggest and focused on the main objectives from your aspirations and evaluation.
- Guide for duration, nutrition and hydration hour by hour throughout the purification process
- Preparation adapted to your body for your first fasting
- The best output adapted to you from your first fasting.
- 2 sessions of 30 min with conversation aimed at eliminating fears and anxieties, unlocking your potential.

Fasting & wellness plan \$299 premium

Everything in the standard plan plus

- Evaluation of possible mental parasites that slow you down and paralyze you.
- Insertion of new thoughts, which adapt to your reality and true development potential.
- Elimination of demotivating roots and beliefs.
- 4 sessions of 30 min distributed in 1 before, during and after your fast, with a final evaluation with the result of your detoxification process.
- Limited chat 12 hours a day for inquiries.



BASIC PLANS & PRICES



STANDARD NUTRITIONAL PLAN FOR \$ 89

PREMIUM NUTRITIONAL PLAN FOR \$ 179

BEST VALUE STRONG BEING NUTRITION PLAN FOR \$ 399



STANDARD WORKOUT PLAN FOR \$ 89

PREMIUM WORK OUT PLAN FOR \$ 139

BEST VALUE STRONG BEING WORK OUT PLAN FOR \$ 399



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

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

**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**



Strong Beings

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



NUTRITION



WORKOUT



MINDFUL

WWW.STRONG-BEINGS.COM

JOIN US AND DISCOVERY YOUR POTENTIAL (LIMITED SPACES)

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DESIGNED FOR FALCO PILGRIM INC

