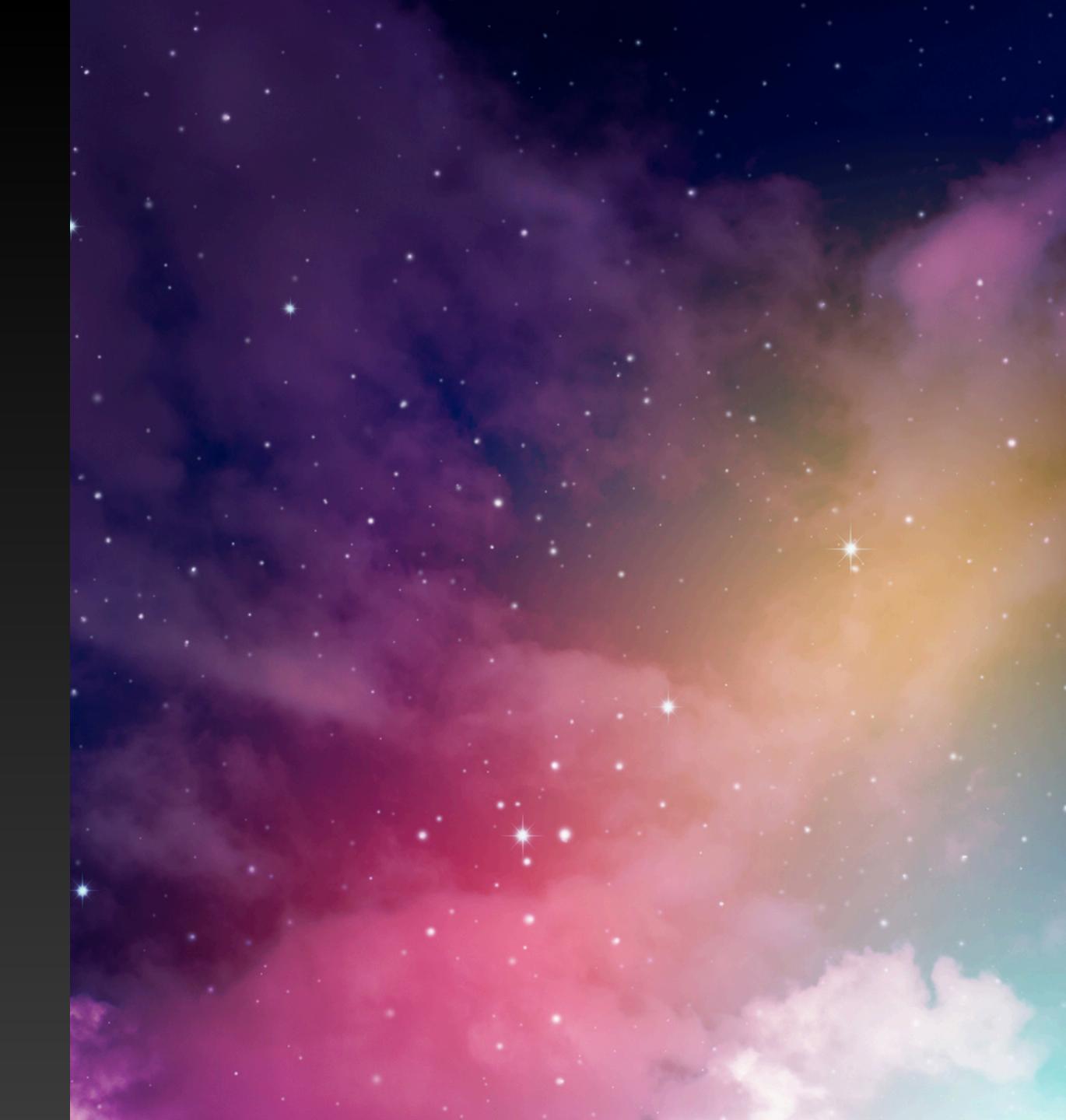
BeyourBest Fitness

What's your gender? Man -Woman



What is your activity level?

- Sedentary (desk job).
- Lightly active (desk job, 30min walking)
- Moderately active (1 hour exercise per day)



How do you consider your physical condition?

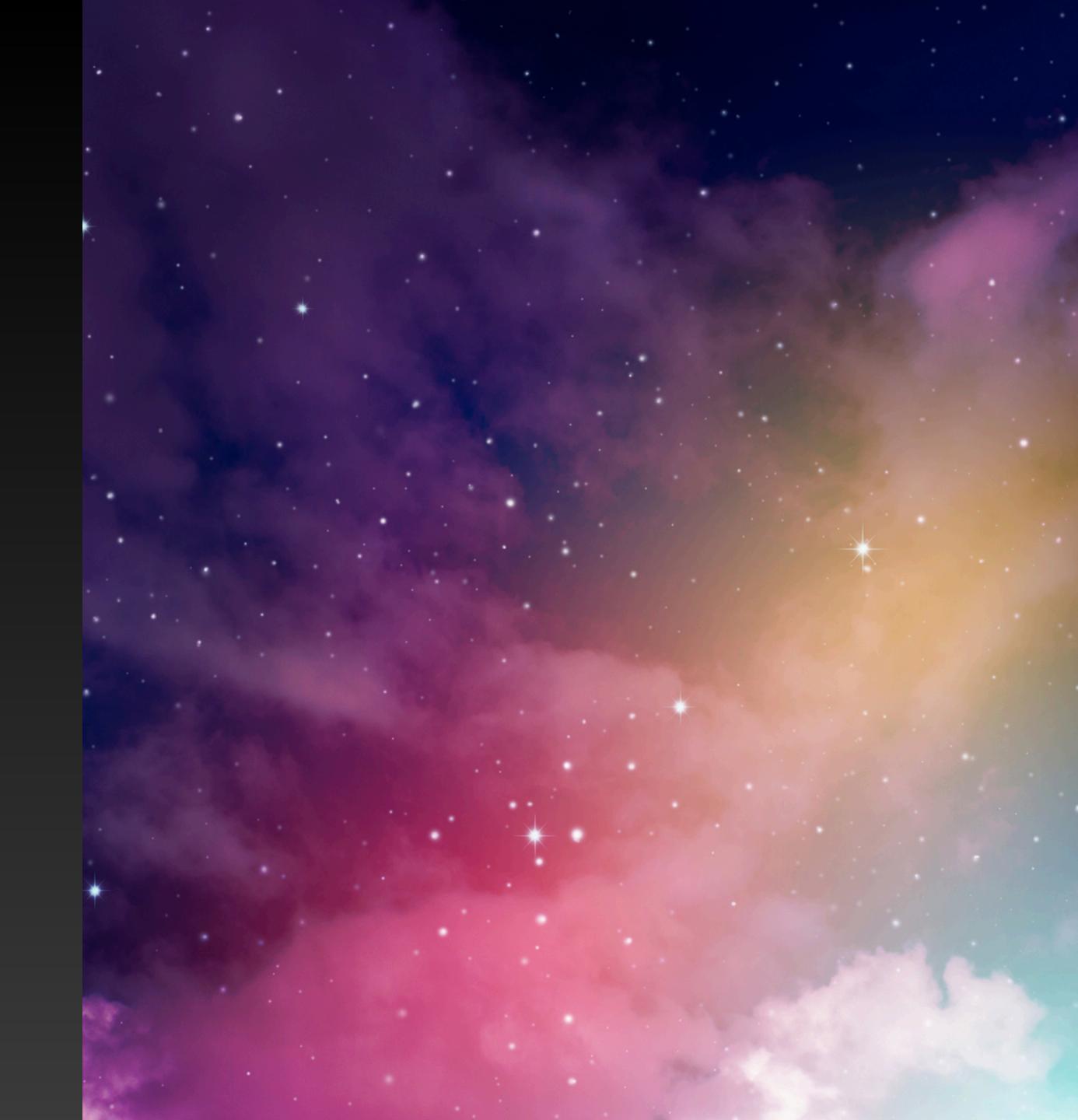
- Fitness? What is it.
- I can do a few push ups.
- I love the sport



What is your height?

What is your weight?

What is your target weight?



Choose your training frequency Elige tu frecuencia de entrenamiento

• As many possible 4/week...

• I have a free time 3/week...

• The minimum, im very busy 2/ week.



Select the areas you want to focus on

Chest

Cardio

Abs

Arm

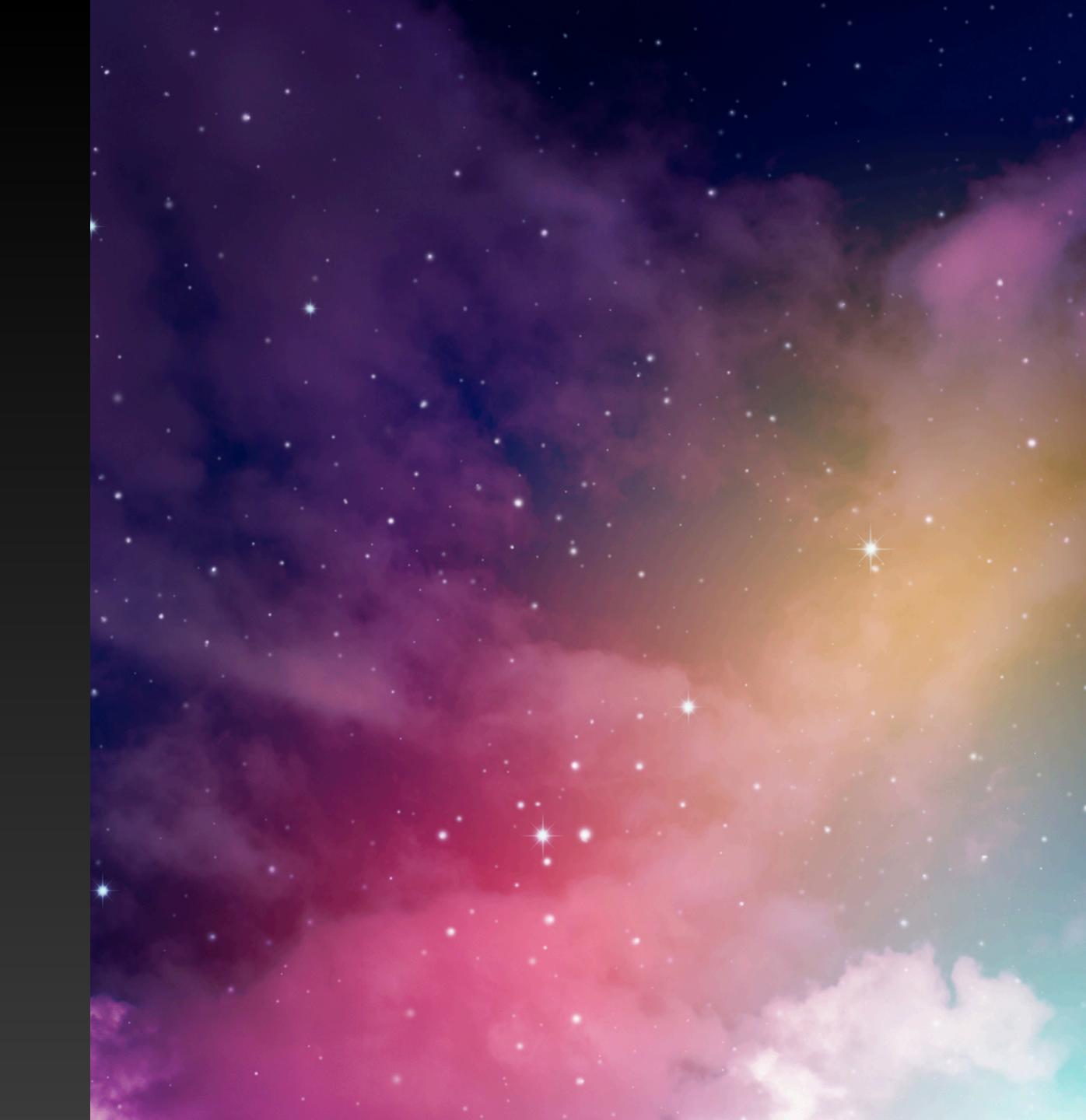
Legs



What is your ultimate goal?

• I want to refine my silhouette

- I want to be strong
- Lose my few extra pounds



Complete -Completado

NOW WE ARE READY FOR MAKE YOUR SESSIONS FOR REACH YOUR GOAL

BE YOUR BEST provide the right tools for get in shape, fitness and healthy.

Aprenda sobre el mundo del entrenamiento y como te puedes cuidar, después de este proceso estarás preparado para realizar tus propias sesiones de entrenamiento y saber como trabaja tu cuerpo y mente.

All the process are different, this is not robot, I study all the cases for make your perfect and fun workout.

THIS IS FOR ALL YOUR LIFE, ONCE YOU START CARE YOURSELF AND UNDERSTAND HOW IT WORKS, YOU NEVER LEAVE YOUR DISCIPLINE

LOVE YOURSELF

AND GIVE LOVE FOR BE YOUR BEST

I WILL LOVE WORK TOGETHER

THANKS

JOSE LUIS VALDERRAMA PERSONAL TRAINER

