

BeyourBest

Fitness

Jose Luis Valderrama Florez

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 as 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

