



Client Results! ↓

@ANGIE_LEVEL_UP



**WOOHOO! YOUR CALL IS BOOKED IN.
WELCOME TO THE
STARTING POINT
OF YOUR JOURNEY....**



All the information you need to
know before our call.





LET'S START BY
HIGHLIGHTING A FEW THING
YOU COULD BE STRUGGLING
WITH...



LOW CONFIDENCE?



LACK OF MOTIVATION?



ARE YOU FEELING OVERWHELMED?

A woman with long dark hair tied in a bun is talking on a silver smartphone. She has extensive tattoos on her left arm and a small 'LEVEL UP' logo on her black t-shirt. The background is dark and moody. The text 'DOES THAT SOUND ABOUT RIGHT?' is overlaid in large, bold, white capital letters.

**DOES THAT SOUND
ABOUT RIGHT?**

MAYBE YOU HAVE TRIED SOMETHING LIKE THIS IN THE PAST...



Fad diets, excessive exercise, fat burning drinks that promise fast results, and unnecessary restrictions.



You approach fat loss/muscle building with a short-term attitude.



You give effort to nutritional/training protocols that are not tailored to you.

A woman with dark hair tied back and extensive tattoos on her arms and chest is performing a barbell row in a gym. She is wearing a dark sports bra and shorts. The barbell has green and yellow weight plates. The background shows gym equipment and a dark, industrial setting.

**...AND YOU HAVEN'T HAD
MUCH LUCK...**

WHAT ABOUT IF WE STARTED WITH A FOCUS ON THESE 3 GOALS?

A road map in place directing you to where you need to get to, and the steps to get there.



A better understanding of exercise and nutrition, that will give you confidence with your knowledge.



Strong support and accountability systems, to leave you guaranteeing the results you've always wanted.

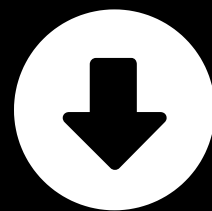


YOU NEED 5 THINGS!

HERE'S HOW THEY WORK...

BUILD A BODY YOU ARE PROUD OF, BECOME MORE CONFIDENT & ACHIEVE OPTIMAL HEALTH

- DIRECTION
- GUIDANCE
- ACCOUNTABILITY
- SUPPORT
- EDUCATION



KEEP GOING

PLAN

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HOW THE PLAN IS DELIVERED:

- **TRUECOACH THE APP**
- **DEMONSTRATION VIDEOS**
- **EXERCISE INSTRUCTIONS**

↓ **TRAINING**



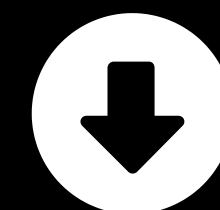


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TRAINING (VIP)

HOW THE TRAINING IS DELIVERED:

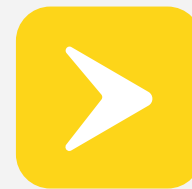
- **EXERCISE DEMONSTRATION**
- **FORM CORRECTION**
- **MOTIVATION**



SUPPORT

SUPPORT

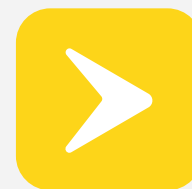
HOW THE SUPPORT IS DELIVERED:



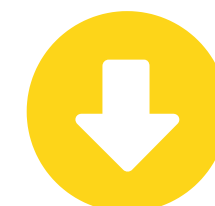
CHAT



EXCLUSIVE MEMBERS AREA



**WEEKLY OR MONTHLY COACHING
STRATEGY CALLS**



ACCOUNTABILITY



ACCOUNTABILITY

HOW THE ACCOUNTABILITY IS
DELIVERED:

➤ **INDIVIDUAL WEEKLY CHECK-INS**

➤ **WEEKLY COACH'S FEEDBACK**

➤ **PROGRESS METRICS**

↓ **COMMUNITY**

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COMMUNITY

HOW THE COMMUNITY IS DELIVERED:



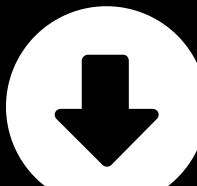
COMMUNITY HUB



**YEARLY TEAM
PHOTOSHOOTS (LONDON)**



**WEEKLY TEAM ZOOM CALL
(IS COMING SOON)**



KEEP GOING



WHY WORK WITH ME?



GUIDANCE & DIRECTION



ACCOUNTABILITY & SUPPORT



EDUCATION & RESULTS

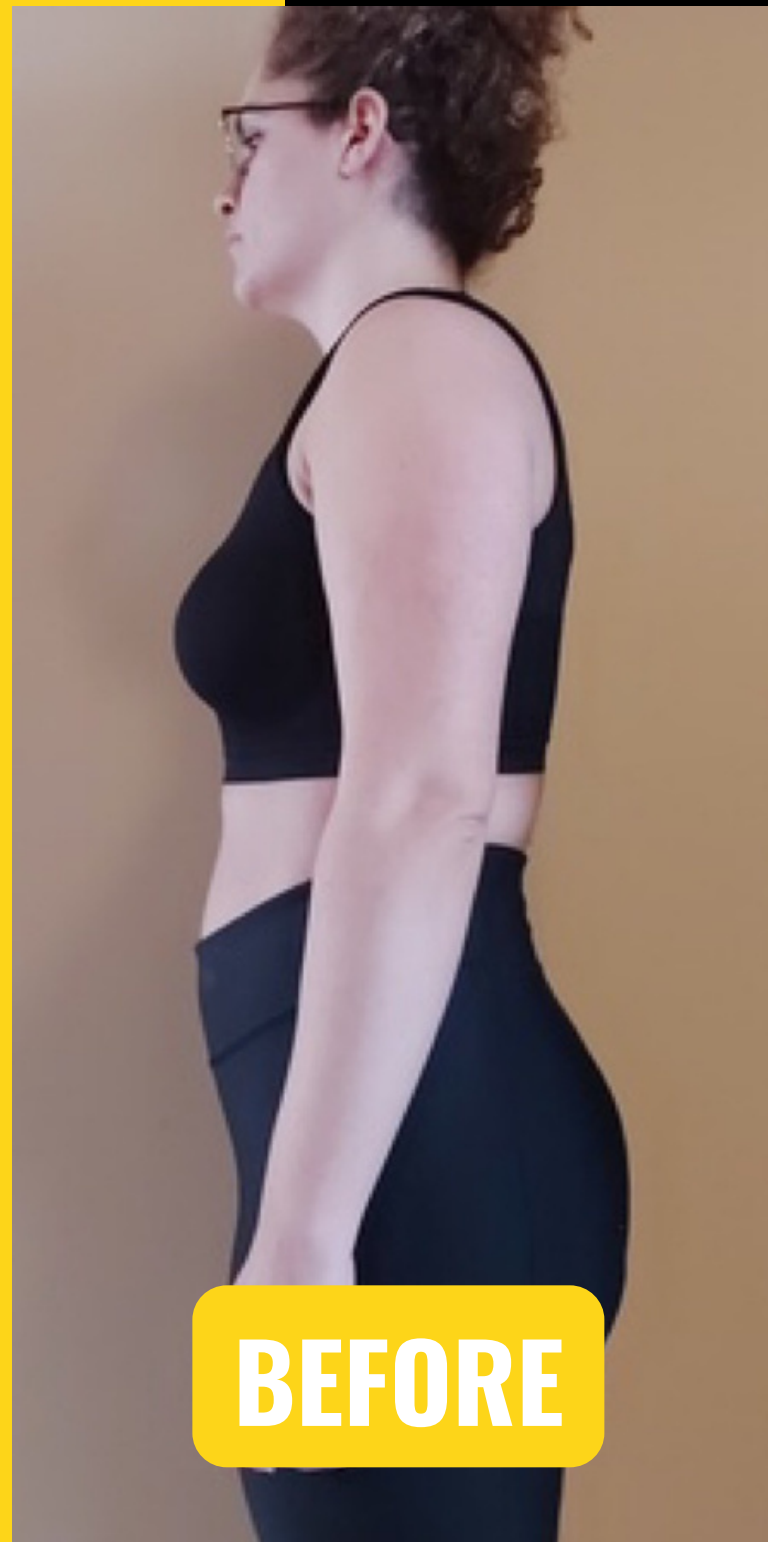


CLIENT WINS

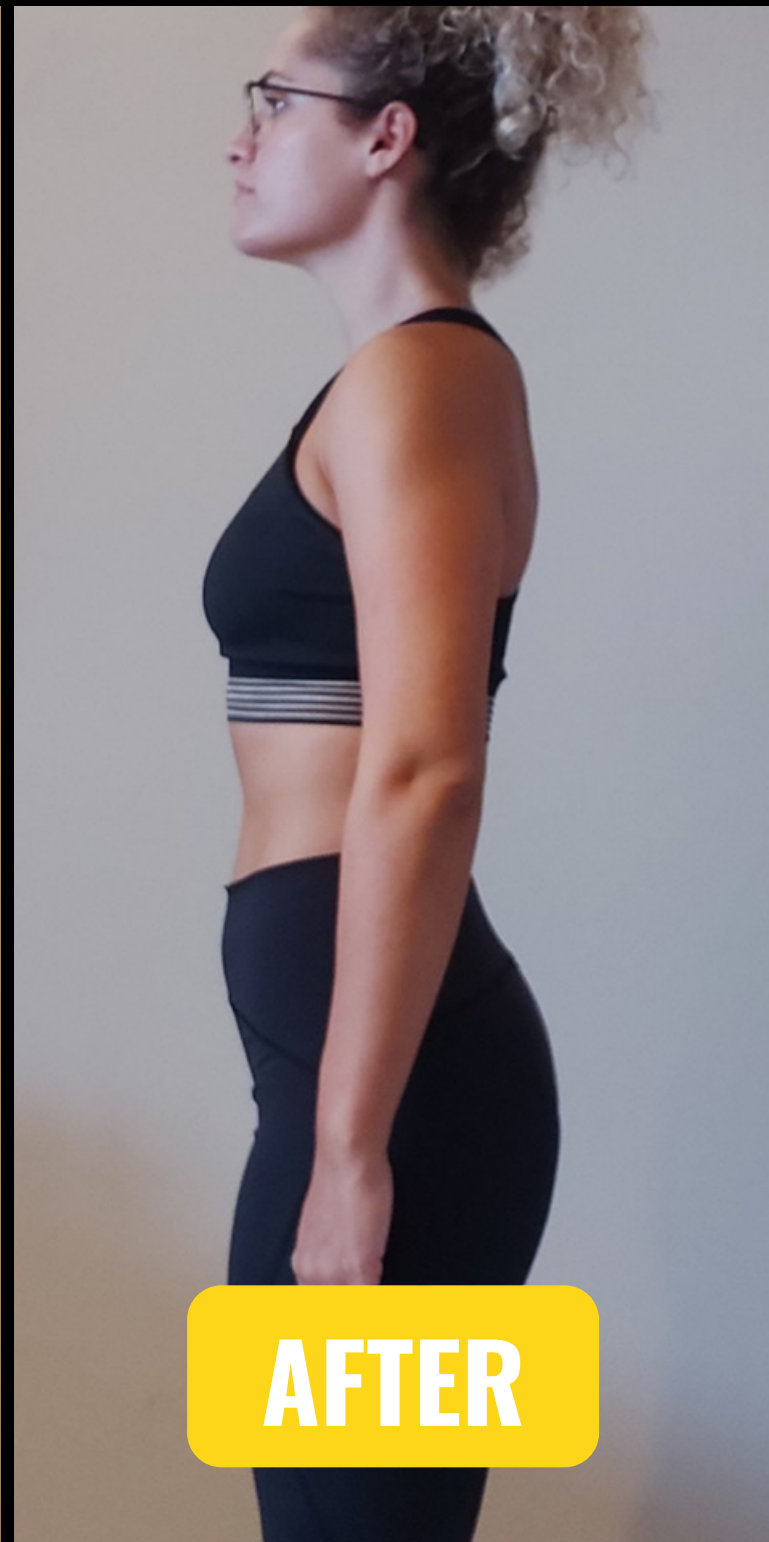
MEET KAY

- LOST 15KG OF FAT
- IMPROVED HER STRENGTH BY 80%
- IMPROVED HER CARDIOVASCULAR SYSTEM
- BUILT ROUTINE & STRUCTURE WITH NUTRITION & TRAINING





BEFORE



AFTER

MEET MARIALENA

- LOST 12KG OF BODY FAT
- IMPROVED HER STRENGTH BY 80%
- IMPROVED HER CARDIOVASCULAR SYSTEM
- BUILT ROUTINE & STRUCTURE WITH NUTRITION & TRAINING

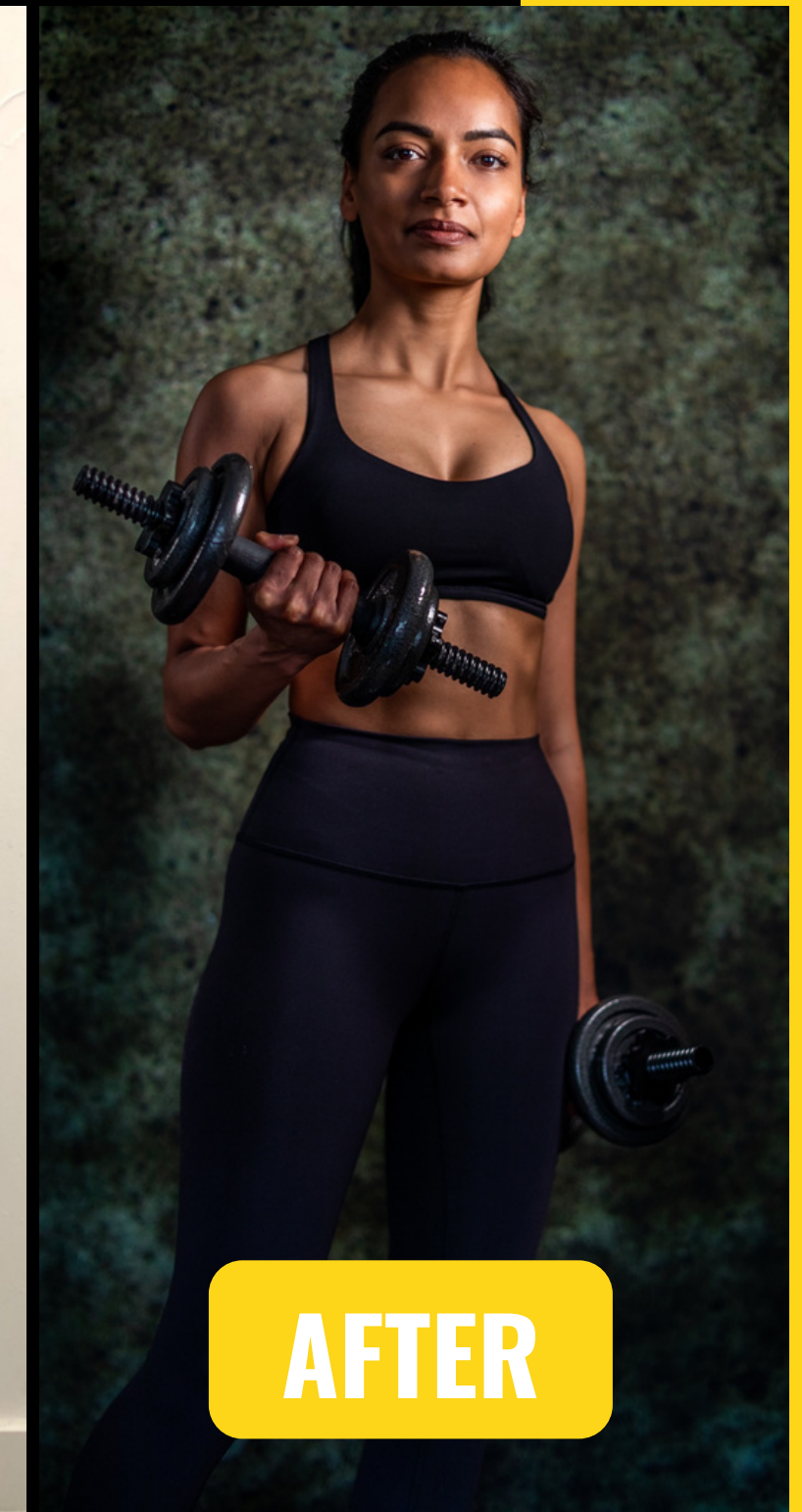
MEET SHPATTA

- BUILT 2KG OF MUSCLE MASS
- IMPROVED HER STRENGTH BY 60%
- BUILT ROUTINE & STRUCTURE WITH NUTRITION & TRAINING



MEET AGENTHY

- BUILT 2KG OF MUSCLE MASS
- IMPROVED HER STRENGTH BY 50%
- BUILT ROUTINE & STRUCTURE WITH NUTRITION & TRAINING





MEET GIOTA

- LOST 10KG OF FAT
- BUILT 4KG OF MUSCLE
- IMPROVED HER STRENGTH BY 85%
- BUILT ROUTINE & STRUCTURE WITH NUTRITION & TRAINING



MEET KRSTOF

- BUILT 5KG OF MUSCLE MASS
- IMPROVED HIS STRENGTH BY 80%
- IMPROVED HIS CARDIOVASCULAR SYSTEM
- BUILT ROUTINE & STRUCTURE WITH NUTRITION & TRAINING

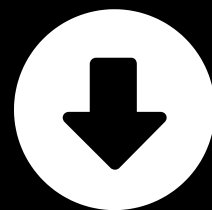
A person is shown from the side, writing in a notebook with a pen. A smartphone and a pair of glasses are on the desk. The background is a warm, brown-toned image of a workspace.

WHAT DO I NEED TO PREPARE FOR THE CALL?

Ask yourself these 3 questions:

QUESTION **1**

IS THE ROOM THAT I AM
TAKING THE CALL QUIET
WITH NO
INTERRUPTIONS?

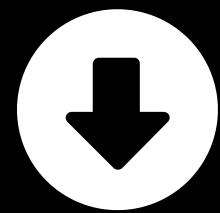


KEEP GOING



QUESTION **2**

DO I HAVE 45' FOR THE
CALL?



KEEP GOING



QUESTION **3**

Am I ready to invest in myself and improve all the things below?

- **HEALTH**
- **CONFIDENCE**
- **RELATIONSHIPS**
- **FITNESS**
- **HAPPINESS**



A woman with dark hair in a bun, wearing a grey sports bra and leggings, stands in a gym. She has extensive tattoos on her arms and chest. She is looking down at her waist. In the background, there is a blue exercise machine with the 'NOBILI' logo. The text 'THE INVESTMENT' is overlaid in the center.

THE INVESTMENT

MY GUARANTEE

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SUPPORT



EDUCATION



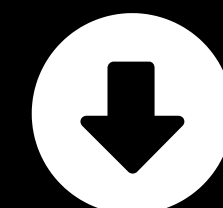
RESULTS



KEEP GOING

HOW TO GET THE MOST OUT OF THE CALL:

- **Be honest**
- **Ask questions**
- **Share your thoughts**



SUPPORT

**SO, ARE YOU READY TO
TAKE ACTION?**

