



Relentless Grind

DISCIPLINE. DEDICATION. RESULTS.

KING BEAR — FITNESS —

WWW.KINGBEAR100.COM



1X
PER WEEK

FITNESS COACHING + **4 PERSONAL TRAINING SESSIONS** (1x/week)

- ✓ Customized macro and meal guide
- ✓ Personalized training program, including workouts for non-training days
- ✓ Full access to the King Bear Fitness app for tracking, communication, and progress
- ✓ Weekly/biweekly check-ins for accountability

\$275



2X
PER WEEK

FITNESS COACHING + **8 PERSONAL TRAINING SESSIONS** (2x/week)

Includes everything above with two in-person training sessions each week.

\$480



3X
PER WEEK

FITNESS COACHING + **12 PERSONAL TRAINING SESSIONS** (3x/week)

Includes everything above with three in-person training sessions each week.

\$600



ONLINE ONLY

ONLINE ONLY FITNESS TRAINING – \$200

Ideal for remote clients looking to have accountability for results

- ✓ Customized macro and meal guide
- ✓ Personalized training program, including workouts for non-training days
- ✓ Full access to the King Bear Fitness app for tracking, communication, and progress
- ✓ Weekly/biweekly check-ins for accountability

\$200



FULL FITNESS ASSESSMENT – \$100 (ONE-TIME)

- ✓ 1:1 consultation to review goals and current fitness level
- ✓ Customized fitness plan
- ✓ Macro and meal recommendations
- ✓ Self-guided workout program



TAKE THE NEXT STEP

SIGN UP TODAY FOR YOUR **FREE CONSULTATION!**



EMAIL
info@kingbear100.com



PHONE
(704) 241-3999



WEBSITE
www.kingbear100.com