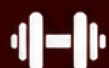




Relentless Grind

DISCIPLINE. DEDICATION. RESULTS.

KING BEAR — FITNESS —



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

INDIVIDUAL

\$300

COUPLES

\$500

(\$250 PER PERSON)



2X
PER WEEK

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

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

INDIVIDUAL

\$560

COUPLES

\$900

(\$450 PER PERSON)



3X
PER WEEK

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

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

INDIVIDUAL

\$780

COUPLES

\$1,200

(\$600 PER PERSON)



ONLINE ONLY

ONLINE ONLY FITNESS TRAINING – **\$250**

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

\$250



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

\$100

TAKE THE NEXT STEP

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



EMAIL

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WEBSITE

www.kingbear100.com