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# Body Transformations for Women with Busy Lives

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# TRANSFORMATION PLAN

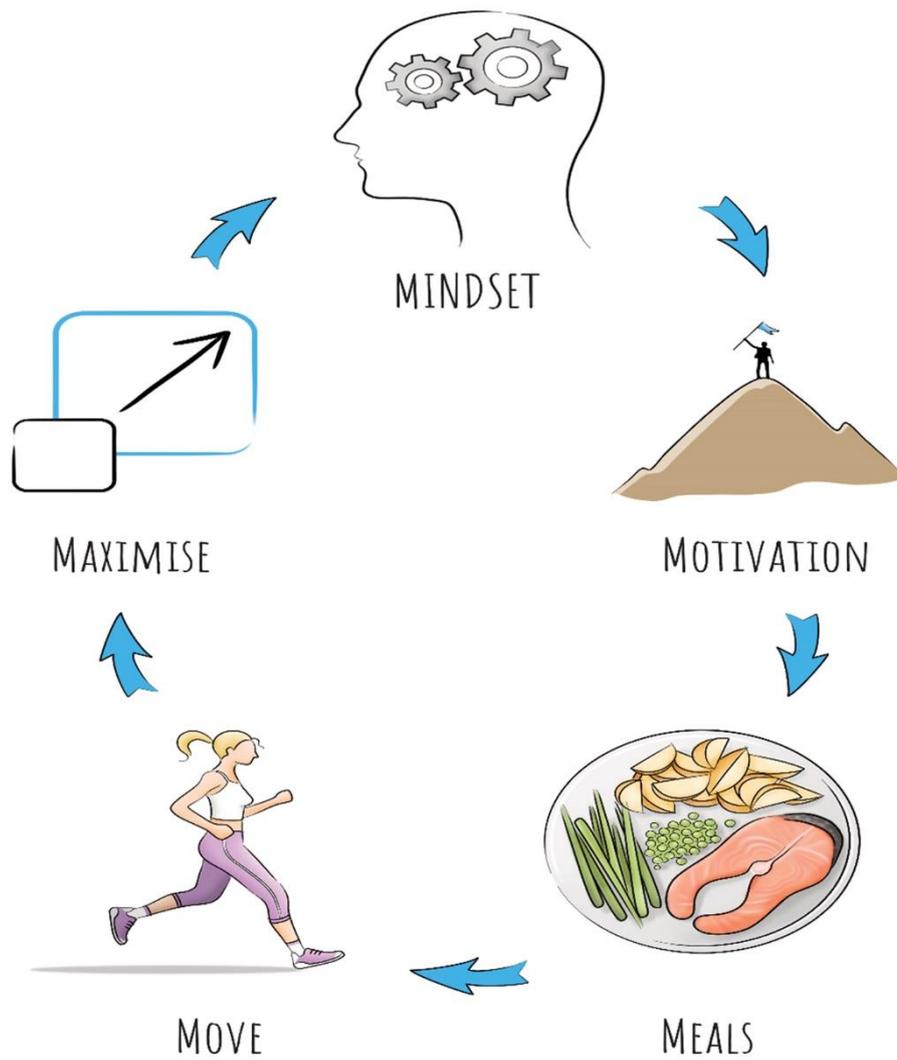
THE TRANSFORMATION PLAN IS UNIQUELY DESIGNED FOR YOU TO:

- Look and Feel Great in your Clothes
- Lose a Dress Size or More
- Feel More Energetic
- Get in Shape

*'Wear clothes that you love to wear, look great in and makes you feel amazing'*

As seen in:





# OUR METHOD

**5** Steps to Looking and Feeling Great for Women who are Busy with Kids, Work & Life

# BENEFITS OF THE TRANSFORMATION PLANS

Have a  
Stronger  
and Toned  
Tummy

Look  
Great in your  
Clothes

Enjoy Living  
a Healthier  
Lifestyle

Feel Happier  
and More  
Confident

Enjoy wearing  
clothes that  
compliment you  
instead of hiding  
problem areas

Lose a  
Dress Size  
or More

Enjoy Moving  
Freely without  
Aches  
and Pains

Have More  
Energy

# WHO IT'S FOR

The Transformation Plan are for anyone who wants to look and feel great at any stage of life.

We work with women who want to look great in their clothes, feel good in themselves and have more energy but struggle with little time, low energy and don't have the motivation to do a fitness routine on their own.

There are three stages in a woman's life that can prove challenging to achieve one's health & fitness goals, the first two are experienced by mothers and the third by all women.

The Transformation Plans have been specifically designed to adapt to all three stages of life to deliver incredible results.

## Stage 1: Post Natal

The Transformation Plan will help you to:

- Strengthen core ● Get stronger
- Lose weight without straining your body ● Tone up
- Get fitter and healthier ● Get in shape
- Eat healthy food to increase energy, have a healthy weight and continue breast feeding

## Stage 2: Family Life

The Transformation Plan will help you to:

- Look & Feel great in your clothes ● Feel good in yourself
- Feel more confident ● Have more energy
- Lose weight and keep it off ● Tone up
- Create a fitness routine to suit your life / Motivate you to exercise

## Stage 2: Menopause

The Transformation Plan will help you to:

- Lose weight around the stomach ● Tone up
- Get in shape ● Get stronger
- Have more energy ● Reduce aches and pains
- Look & Feel great in your clothes
- Feel more confident in your body and within yourself
- Stay healthy ● Feel fitter



# WHAT THE TRANSFORMATION PLAN INCLUDES

## Accountability

- Starting a fitness routine is not the difficult part, it's sticking with it.
- You and your dedicated coach are a team, and they will keep you accountable with your food, exercise, and healthy habits throughout your plan.
- Outside of your sessions your coach will communicate with you to keep you track, give you a motivational push and offer guidance whenever you need it.

## Motivation

- If you don't have the motivation to do a fitness routine on your own, you're in good hands.
- We motivate our clients in every workout session to enhance your exercise routine, make exercise more enjoyable and maximise your fitness results.
- Also, when you experience any challenges or barriers your coach is there to listen, offer support and guide you

## One-to-One Sessions

- Your private sessions offer flexible bookings to accommodate your busy schedule and easily incorporate exercise into your life.
- The sessions are conveniently available at your home, workplace or virtually [zoom etc] to save you time, avoid the hassle of commuting and make exercise easier to do.

## Personalised Food Guidance

- Diets can be confusing, complicated, and frustrating so our hassle-free approach to food makes it easy to improve your diet without the fuss.
- You will know exactly what to do with your food to lose weight, get in shape and have more energy, and will be kept accountable throughout your plan, so you never feel alone.

## Bespoke Workout Plan

- The bespoke workout plan is designed specifically for you, which considers your current fitness levels, medical conditions, injuries, and your fitness goals.
- This minimises the risk of injury and promotes weight loss, tones your body, and improves strength, this workout is in addition to your one-to-one sessions.

## Fun

- We are serious about giving our clients results but who says you can't have fun in the process. We want you to enjoy living a healthier lifestyle so lets have fun doing it.

# WORKING TOGETHER

## WAYS TO WORK WITH US?

1. Transformation Plan
2. Get in Shape Plan
3. Kickstart Plan

## WHY WORK WITH US?

- We understand our clients and their needs, and we approach every individual with professionalism, personality, and care.
- Over 90% of our clients are mothers of which many are full-time mums, business owners, entrepreneurs, and managers in their field. If this sounds like you, we would love to work with you
- Over 10 years of experience in the health & fitness industry
- Our Passion is working with people so they can reconnect and become the best version of themselves.
- You will see & feel results.
- We keep things simple to easily incorporate a healthier lifestyle into your life.



"I've lost over 7 kilo's and feeling more confident in my clothes, I'm very pleased with my results.

I really liked Michael's approach with food which worked for me and made exercise fit into my life.

Without I doubt I recommend BrigoPT to any woman!"

Sarah,



"I lost an inch around my waist in two weeks! I've had a great experience with BrigoPT, very professional, personable and felt ready to kickstart my fitness routine with Michael.

I needed the accountability and with little time and the home sessions works perfectly for me.

Rachel

# TRANSFORMATION

## 12 Week Plan

Two one-to-one sessions per week at your Home, Workplace or connect virtually

- Accountability
- Motivation
- Personalised Food Guidance
- Bespoke Workout Plan

## WITH THE TRANSFORMATION PLAN YOU WILL...

- ✓ Lose 1-3 Dress Sizes
- ✓ Look great in your clothes
- ✓ Feel great in yourself
- ✓ Feel more energetic
- ✓ Feel stronger, fitter & more confident
- ✓ Tone, firm and strengthen the stomach
- ✓ Get maximum one-to-one motivation and guidance



"I've lost 3 stones with Michael I'm absolutely thrilled with my results! That is 3 dresses down and almost 50lbs of weight lost! I've started enjoying exercise, I've improved my diet and I feel amazing, I highly recommend BrigoPT to other women"  
Katie,  
Marylebone

## I WANT TO DO THE TRANSFORMATION PLAN

**One-time offer** when you join after the taster session:  
You receive a **Discount** on your chosen plan

# GET IN SHAPE

## 6 Week Plan

Two one-to-one sessions per week at your Home, Workplace or connect virtually

- Accountability
- Motivation
- Personalised Food Guidance
- Bespoke Workout Plan

## WITH THE GET IN SHAPE YOU WILL...

- ✓ Lose a Dress Size or more
- ✓ Look great in your clothes
- ✓ Feel great in yourself
- ✓ Have way more energy
- ✓ Feel stronger, fitter & more confident
- ✓ Tone, firm and strengthen the stomach
- ✓ Get maximum one-to-one motivation and support



“I needed lose weight and feel better mentally and physically! I so happy to say that I lost over 2 stones that’s 28lbs! I’m feeling better, sleeping better and everything is going well, I would absolutely recommend BrigoPT!”  
Christianne,  
Acton

## I WANT TO DO THE GET IN SHAPE PLAN

**One-time offer** when you join after the taster session:  
You receive a **Discount** on your chosen plan

# KICKSTART

## 8 Week Plan

One 1-2-1 session per week at your home, workplace or connect virtually

- Accountability
- Motivation
- Personalised Food Guidance
- Bespoke Workout Plan

## WITH THE KICKSTART PLAN YOU WILL...

- ✓ Lose a Dress Size
- ✓ Look great in your clothes
- ✓ Feel great in yourself
- ✓ Have more energy
- ✓ Feel stronger, fitter & more confident
- ✓ Tone, firm and strengthen the stomach
- ✓ Get maximum one-to-one motivation and guidance

“I’ve lost 7 kilos and inches off my waist I’m absolutely delighted! I love my sessions and Michael has helped me a lot with my diet. If you are looking for support, motivation and results I recommend BrigoPT,

Sophia,  
Richmond



## I WANT TO DO THE KICKSTART PLAN

**One-time offer** when you join after the taster session:  
You receive a **Discount** on your chosen plan



## MONEY BACK GUARANTEE

As we truly believe in what we do, and the impact this can have on our clients' lives, we include a 100% Money Back Satisfaction Guarantee in all of our 1-2-1 Transformation Plans.

BrigoPT works closely with clients to get results, it's a team effort, your personal trainer will give you everything & we need you to give 100% effort for yourself.

### Money Back Satisfaction **Guarantee:**

When you join after your free taster session and you complete your chosen personal training package, if you haven't seen or felt any difference from when you started you will receive a 100% refund of your money back.

### Taster Session Satisfaction **Guarantee:**

When you open an account with BrigoPT for only £1 on the day you will benefit from our unique one-time offer to kickstart your health & fitness.

Within 24 hours you have time to decide which package best suits you we call this the "Get out of your argument guarantee card" we understand some decisions are made as a couple & we want you and your partner in agreement when joining with BrigoPT.

# FREQUENTLY ASKED QUESTIONS

**Q:** Do I have flexibility with days and times for sessions?

**A:** Yes, most of our clients do not have much time and need flexibility to accommodate their busy schedules. Every week we will check your availability to schedule sessions for the following week to suit your diary.

**Q:** Do you offer sessions throughout the day?

**A:** Yes. Morning, day and evening sessions are available. Just not midnight as we enjoy our sleep and I'm sure you do to.

**Q:** Can I switch between at home, outdoor & virtual sessions?

**A:** Yes, you can choose any type of method that works for you at any time. You can do sessions indoors at your home, outdoors in your garden or local park and connect virtually on a platform such as zoom.

**Q:** How much space do I need to do sessions at home?

**A:** We are innovative in creating great workouts with big or small spaces as long as you have enough space to lie down on the floor that is great.

**Q:** What happens if I am away for work or on holiday?

**A:** Our clients have demanding lives and we understand there needs to be flexibility with their plan so if your away there are two options. Continue virtually by connecting with online sessions or resume when you return.

**Note:** We want our clients to look and feel better and consistency plays a big part to seeing results and feeling a difference. When you're not travelling, we want your commitment to the sessions, and we will keep you on track all the way.

**Q:** How would I know which plan is best for me?

**A:** That would entirely depend on how much 1-2-1 support you want on a weekly basis and what you're looking to achieve. In your free taster session, you and your personal trainer will create a fitness plan that works for you to have a clear understanding of which plan is best.

**Q:** What is the Personalised Food Guidance?

**A:** This will give you everything you need to improve your current diet to get in shape, lose weight and drop inches off the tummy. You will learn how to make the best food choices, overcome challenges in your diet, learn simple methods to eat better, and more! Also, you will get maximum accountability to keep you on track with your food both inside and outside of the sessions. We will explain more in the taster session.

**Q:** What is the life coaching?

**A:** Overcoming challenges. Right now, there are challenges that are holding you back to look better, have more energy & feel good. Your coach will guide you on how to overcome them and succeed in achieving your goals, also you might face barriers along the way so we will keep you track and help overcome your obstacles.

**Q:** What is the accountability with food & exercise?

**A:** Our clients love this! This is where you share your food, exercise and experiences throughout the week with one-to-one feedback providing professional guidance, accountability and motivation from your trainer. More will be explained in the taster session! Can't wait!

**Q:** What is the bespoke workout plan?

**A:** Exercising with your trainer is great but we also emphasize exercise in our client's lifestyle as something to enjoy and become part of their lifestyle.

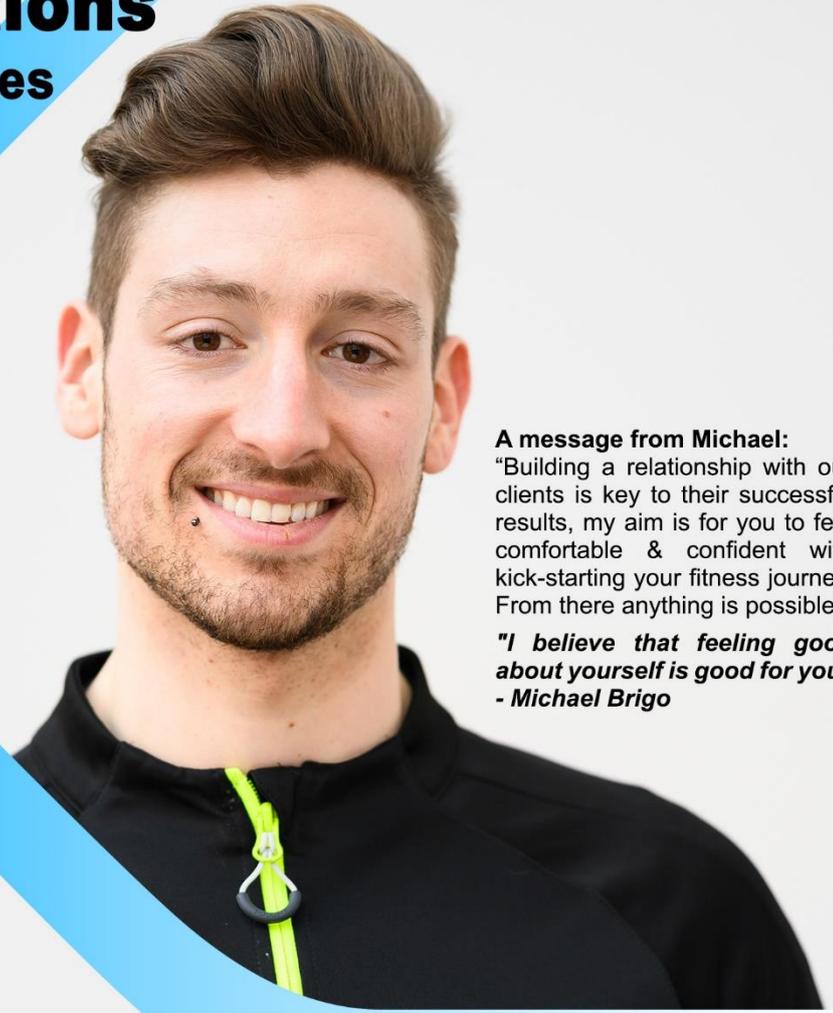
We know exercise can be boring, challenging and most people don't like it, so don't worry this doesn't have to be straight away. When you are ready to start exercising on your own you will have a bespoke workout plan with video demonstrations ready for you.

**Q:** Where can I do the taster session?

**A:** The Taster session is held indoors at your home, workspace or connect virtually and it lasts up to 45 minutes. Due to the fact there's talking involved and a health assessment most clients prefer the comfort of their home and we need to use electrical equipment which can't be done outdoors.

# Body Transformations

## For Women with Busy Lives



**A message from Michael:**  
"Building a relationship with our clients is key to their successful results, my aim is for you to feel comfortable & confident with kick-starting your fitness journey. From there anything is possible".

***"I believe that feeling good about yourself is good for you"***  
- Michael Brigo

## OUR STORY

Since 2015, we've created meaningful results in women's lives. Over 250 one-to-one clients have been through our Transformation Plan in London.

Our all-in-one fitness plans have created a positive impact for women especially mothers, by incorporating health & fitness in their everyday life.

We've partnered with multiple companies to connect with women with busy lives, so they can discover the 5 Steps to looking and feeling great to unlock their potential.

Our mission is to improve the lives of women who want to look and feel great at any stage of life.

Founded by Michael Brigo who is a Body Transformation Coach with over 10 years' experience in the fitness industry working with full-time mothers, business owners, executives, and CEO's.

Also, he has coached notable figures such as Nicholas Coleridge the ex-CEO of Vogue magazine, and his wife Georgia Coleridge, and supermodel Celia Forner.



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