

GET THE MOST WITH WISCONSIN PERSONAL FITNESS!



Personal Trainers

WPF Competitors

B.S. Kinesiology from a 4-year university	Y	N
Certification through a nationally accredited organization	Y	N
Years of experience and a proven track record of success	Y	N

Exercise

One-on-One 60-Minute Sessions	Y	N
Constantly Varied Workouts	Y	N
Workouts Tailored to You and Your Goals	Y	N
Stretching and Recovery Protocol	Y	N
Digital and Hard Copies Provided for You	Y	N
Substitute Instructions Provided for You	Y	N

Nutrition

Detailed Daily Plan for Duration of Program	Y	N
Detailed Daily Plan Tailored to You and Your Goals	Y	N
Digital and Hard Copies Provided for You	Y	N
Weekly Shopping List Included	Y	N
Measurements and Weights of Foods Included	Y	N
Calorie and Macronutrient Information Included	Y	N

Additional Features

Post Workout Protein Starter Kit	Y	N
Reliable Body Composition Testing	Y	N
FREE Bottles of Water	Y	N
FREE Towels	Y	N
Daily Follow Up From Your Trainer	Y	N
24/7 Availability For Questions or Concerns	Y	N
No Enrollment Fee	Y	N
Maintenance Plan Options After Goal is Reached	Y	N
GUARANTEED RESULTS OR YOUR MONEY BACK	Y	N