



THE
RECOUP
Information
Pack



WWW.RECOUPPERSONALTRAINING.COM



WELCOME

Thank you for downloading your copy of
The Recoup information pack

We're so excited you're here. The fact that you're reading this tells us that you're serious about your health & wellness.

In this pack you'll find information that includes who we are, what we do, the results we get, and a free voucher to help get you started!

We hope you enjoy the material and please reach out to us if you have any questions at all!

Sincerely,
Mattison, Stevie, Bo, Dani and Mikayla



HOW WOULD YOUR LIFE LOOK IF YOU TOOK CONTROL OF YOUR HEALTH?

Recoup is Costa Mesa's #1 Personal Training Studio for real people who want simple, safe, and effective fitness results.

At **Recoup Personal Training**, we help the Costa Mesa community feel confident in their bodies, move pain free, and change their lives forever.

We strive to help our Recoup family feel confident in their body through our comprehensive personal training and nutrition programs. We work with with husbands, wives, parents, students, and business professionals. We're confident in helping all walks of life, whether it's day 1 or 1,001 for you in the gym.

We love to work with people who want to improve their quality of life with like-minded people.



Stevie, Mattison, Bo,
Dani & Mikayla



Our Guarantee

We're so confident in our ability to help you that we gladly assume all your risk in joining our personal training studio.

Spend 30 days with us and experience our services first-hand. If you don't find us to be a good fit inside that first month, we'll write you a check the day you let us know otherwise.

Best case, you'll then know exactly how we're going to be successful together.

Worst case, you tell us we suck and get 30 days of training for free.

Both options are risk free. The only thing we guarantee will NOT work is if you never start.

We know how hard it can be to take that first step. Whether it's picking up the phone, or walking through our doors that first day.

Really.

This is why we created our program to be different.
We're dedicated to you.

We give you the personalization you need and want. And we guarantee you'll see results if you follow our system.

Speaking of results...

Happy Clients

We can talk all day long about how good we are at what we do, but without sounding too biased... 😊

We wanted to share some of our client's success stories since they are the real stars.

They are no different than you.
And as the saying goes... if they can do it – you can do it.

"Stevie, Matt & Bo are an amazing team of trainers, coaches and most importantly, people! They helped transform me physically and mentally and taught me how to create healthy lifestyle habits and have a positive attitude towards my body and exercise. Not intimidating at all and willing to work with your schedule, experience level and goals. Plus, I love that they are a small family business with an incredible passion for what they do. If you're even thinking about calling them, just do it!"

CHECK OUT OUR *Amazing* MEMBERS



Lost 29 lbs,
11% body fat
and 7.5
inches in
her waist

Jennifer D.

"What a difference proper nutrition and exercise will have on the body. Never did I think I'd change the way I eat or exercise on a daily basis. I still eat the foods I love, just in a modified version."



Lost 55 lbs,
15% body fat
and so many
inches

Michael B.

"In 3 short months, I lost 25 pounds compared to only 10 pounds in 10 months with my previous trainer and gym. What a difference choosing the right gym and team makes!"

Our Services

PERSONAL TRAINING

Personal training is simply the most effective (and safest) means of setting and reaching your fitness goals. We have a track record that's telling of both *results* and *timeliness*.

On average, 70% of exercisers drop out of their program in the first 30 days. We won't let that happen to you! We will design the ideal program for your lifestyle and your goals and hold you accountable to those goals. Having an appointment, a coach, and a personalized program is a powerful motivational tool and the ideal way to ensure that you remain consistent and see results.

NUTRITION COACHING

Nutritional Guidance is a cornerstone to any Fitness Program. Maybe you've heard it before. "Nutrition is 80% of your results." Boost your results with our team of food coaches and allow us to take the guess work out of your nutrition without having to forgo your favorite foods.





OUR MEMBERS GET RESULTS. PLAIN AND SIMPLE.

OUR PROGRAMS DELIVER *and then some!*

- ✓ Fitting into old clothes – and brand-new ones, too
- ✓ Increased energy - no more afternoon dips
- ✓ Feel more confident
- ✓ And that's just the start of it!

As a private exercise studio that specializes in personal training and customized nutrition, we offer time-tested results with over a decade of experience.

- ✓ A proven plan – no more guesswork!
- ✓ Coaching to help you through the rough
- ✓ Guidance through every day life, travel & social events
- ✓ An amazing community to hold accountable





We Believe In You

... and we believe in us.

We know we're different than the rest and we would love to be a part of your journey.

Book your free consultation today. There is no risk. No sales pitch. No obligation at all.

Contacting Us

We can't wait to connect with you and help you feel good about your decision to get started. During the 30-min consultation we'll help you clarify precisely what you want to accomplish, in record time.

With our help, we'll work together to choose the best program that fits your goals, needs and budget.

Simply give us a call!

Mattison, Stevie, Bo, Dani & Mikayla

Address: 2263 Fairview Rd STE A & B, Costa Mesa, CA 92627

Phone number: 714.262.4003

Email: info@recouppersonaltraining.com

CHECK OUT OUR *Amazing* MEMBERS



Robin S.

"I was pretty disappointed with myself. My boyfriend suggested I talk to Matt at Recoup so I reached out and made an appointment. What Matt had to say made sense so I decided to give it a go. I learned how to be in control of my eating without giving up too much. I lost weight and inches and feel so much better about myself. I am so happy to have joined Recoup."



Sarah P.

The easy changes has made such a difference with how I feel, my energy level is so much higher, I'm structured, feel healthier, and over all, just simply happier. My original goal was just 10 pounds, here I am at almost 30."



A SPECIAL *Thank you*

As a special thank you for downloading our info packet, we have a gift for you.

The recipes inside our 5 Ingredient Recipe Ebook will transform your lunches and dinners with easy-to-prepare dishes that taste great AND are packed with nutrition.

We hope this guide helps make your lunch and dinner a little easier (and healthier)!

We'd love to be part of your fitness/wellness journey.

Mattison, Stevie, Bo, Dani & Mikayla



DOWNLOAD
OUR
FREE
EBOOK!

[CLICK HERE](#)

CHECK OUT MORE OF OUR *Amazing* MEMBERS



Angie J.

"I learned how important the mind body connection is. It's not just about the body, the mind needs to be engaged as well."

"I'm so grateful to the Recoup team for their guidance and support. I feel so accomplished, so happy, I feel like I'm thirty again!"



Jim B.

"I'm still amazed at the differences between the before and the after. Big things, like being able to run faster and longer. And little things, like not getting out of breath from bending over to tie my shoes (seriously!) or getting into and out of my better half's little sports car..."



PREPARE FOR *Success*

We hope the information in this guide was helpful. We understand how daunting it can be to get started. We promise to provide a safe, clean, and non-intimidating environment that's an extension of our home.

Let us help you look and feel better than you ever have.

Just fill out the short form on our website to learn more today!

Mattison, Stevie, Bo, Dani & Mikayla

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✉ info@recouppersonaltraining.com

You've received a
free voucher for a

**FREE
CONSULTATION
WITH ONE OF US**

At Recoup Personal Training

To redeem call us at 714.262.4003
or send an email to
info@recouppersonaltraining.com

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