



Basic Information Document

What is Smart Strength?

A new and innovative approach to improving people's physical health in the form of an in-home, individualized, strength and mobility business. What we do at Smart Strength is 5-week personalized programs tailored to help increase individual's fitness and physical well-being.

The program will act to rehabilitate current injuries (Including fixing long-term impairments/injuries that most people just adjust to) and help strengthen areas you may not know are weak to prevent future injury risk. The program also uses the exercise to increase lean body mass, which can help with sustained weight loss.

The in-home component means no travel time to the gym, no membership costs, and you can do it with the inclusion of family. Each workout is designed to be only 30-45 minutes and is personalized to work around whatever schedule you may have.

What it Includes

The program itself includes 5 weeks' worth of personalized programs (new program every week) with videos for exercises (2-5 workouts per week depending on client), 2 assessments (beginning and end), a one-on-one training session (week 3), and a training band. The **cost** for the **5 weeks** is **\$199**, which is very competitively priced.

Why Choose Smart Strength?

I along with my business partner Hernan Garcia have extensive personal experience in this field (6+ years each), thorough and specific education (BSc's in Sport and Exercise science and Physiology, and specific Strength and Conditioning qualifications) and many already satisfied customers. Compare this to your typical personal trainer whose qualification is acquired through a two-week or six-month course; with the Smart Strength programs being significantly cheaper than most personal trainers and far more extensive, why not take this step towards greater physical well-being?



Contact Details

To enquire further you can contact me at any time via phone or email.

Ph: +64 21 025 65727

Email: alexsmartstrength@gmail.com

Example program:

STRENGTH AND MOBILITY PROGRAM

Example Strength and Mobility Program

WEEK ONE

STRENGTH

Week One - Example Key

Variable	Value	Unit	Frequency
Monday	100kg	kg	1x/week
Tuesday	100kg	kg	1x/week
Wednesday	100kg	kg	1x/week
Thursday	100kg	kg	1x/week
Friday	100kg	kg	1x/week
Saturday	100kg	kg	1x/week
Sunday	100kg	kg	1x/week
Rest	0kg	kg	1x/week

Day One - Upper Body

Exercise	Reps	Sets	Rest
1	10	3	90s
2	10	3	90s
3	10	3	90s
4	10	3	90s
5	10	3	90s

Day Two - Lower Body

Exercise	Reps	Sets	Rest
1	10	3	90s
2	10	3	90s
3	10	3	90s
4	10	3	90s
5	10	3	90s