

Guided by science.  
Tailored to you.



# ATPerformance

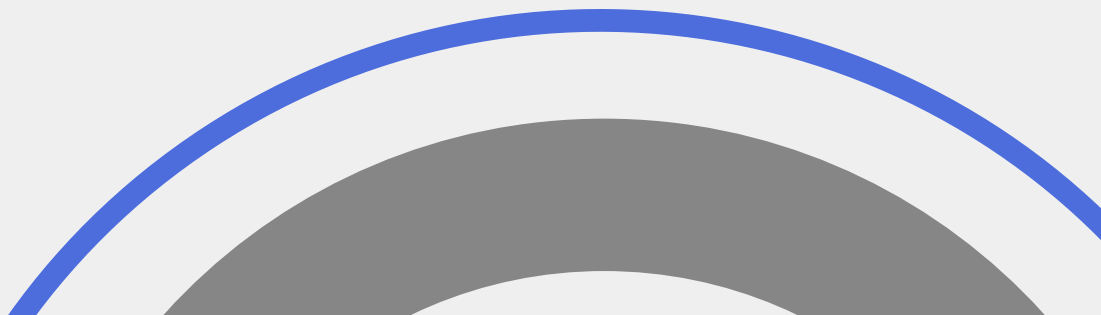
## Alex Tran

### MSc, CSCS, CPPC

 Chicago Personal Training  
Worldwide Coaching

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## Credentials:

- MSc Applied Exercise Science & Sports Nutrition
- Certified Strength & Conditioning Specialist
- Certified Pre/Postnatal Coach

## Experience:

- Started personal training in 2017
- Clients have ranged from youth athletes, young adults looking to start their fitness journey, middle-aged adults hoping to get back into shape, to seniors who are interested in longevity

# About Alex

# |Personal Training|

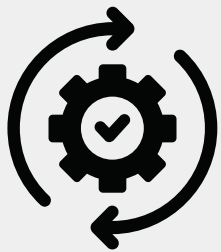
## Why hire me as your trainer?



**Accountability** provided by a skilled trainer can promote consistency, which helps build long-lasting habits for self-sustaining accomplishments.



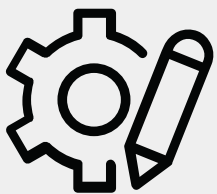
**Comfortability** from working with a professional, as opposed to training by yourself at a gym, not knowing exactly what you should be doing.



**Efficiency** via teaching you how to workout, instead of wasting time trying to figure it all out on your own, in order to put you on the right path, expedite progress, and save you time.



**Injury Prevention** is a byproduct of getting stronger and is amplified under the supervision of a trainer that ensures proper exercise technique, ultimately promoting longevity and safeguarding progress.



**Premium Science-Based Programming** to deliver personalized results.

# |Personal Training|

## What is Premium training?

- **Advanced Fitness Programming:**
  - Science-based, pre-planned workouts based on goals, preferences, and past progress to expedite results
  - Provides the framework for workouts
  - Tracks progress and troubleshoots lack of progress
- **Autoregulated Training:**
  - Meets your current physical and mental capabilities where they are at on any given day and makes the most of what we are able to do
- **Priority Scheduling:**
  - Able to book months in advance, train on weekends, and get first dibs on times over those who are not premium clients
- **Monthly Progress Reports:**
  - Seeing how much work you have put in within a month, even if progress feels slow, can help keep the motivation going for the long term

# |Personal Training|

## What are my rates?

### Premium Monthly Subscriptions

up to 4x/month	<b>\$120/session</b>
up to 8x/month	<b>\$110/session</b>
up to 12x/month	<b>\$100/session</b>
up to 16x/month	<b>\$90/session</b>

### Standard Monthly Subscriptions

up to 4x/month	<b>\$100/session</b>
up to 8x/month	<b>\$90/session</b>
up to 12x/month	<b>\$80/session</b>
up to 16x/month	<b>\$70/session</b>

### Premium Packages

4 pack	<b>\$130/session</b>
8 pack	<b>\$120/session</b>
12 pack	<b>\$110/session</b>
16 pack	<b>\$100/session</b>

### Standard Packages

4 pack	<b>\$110/session</b>
8 pack	<b>\$100/session</b>
12 pack	<b>\$90/session</b>
16 pack	<b>\$80/session</b>

# |Personal Training|

## **Do I offer partner training?**

Yes. The first time is no additional charge, but there will be added charges in the future.

## **Do I offer at-home training?**

Yes. A convenience fee of \$15 is added on top of each respective training rate.

## **Will missed sessions from the monthly subscription roll over to the next month?**

No. The monthly subscriptions offer enhanced accountability at discounted rates. For those that cannot commit to “x” amount of sessions in a month, packages can be used as an alternative. Sessions from packages expire 3 months after purchase.



# |Personal Training|

## What is my general game plan for training?

1

**FOUNDATIONAL PHASE:** The first handful of training sessions will be used to assess your biomechanics during various exercises, gauge your limitations, build up your strengths, identify your preferences, and teach you an RPE-based methodology of training, ultimately meeting you where your fitness levels are at.

2

**INTEGRATION PHASE:** After a foundation of strength and familiarization has been established, a customized training program is implemented that cherry-picks an exercise selection best-suited for your goals, within the framework of science-based training principles.

3

**PROGRESSION PHASE:** Following a reactive training methodology, the training program is continually modified and dialed in to expedite you toward your goals, in a safe and effective manner.

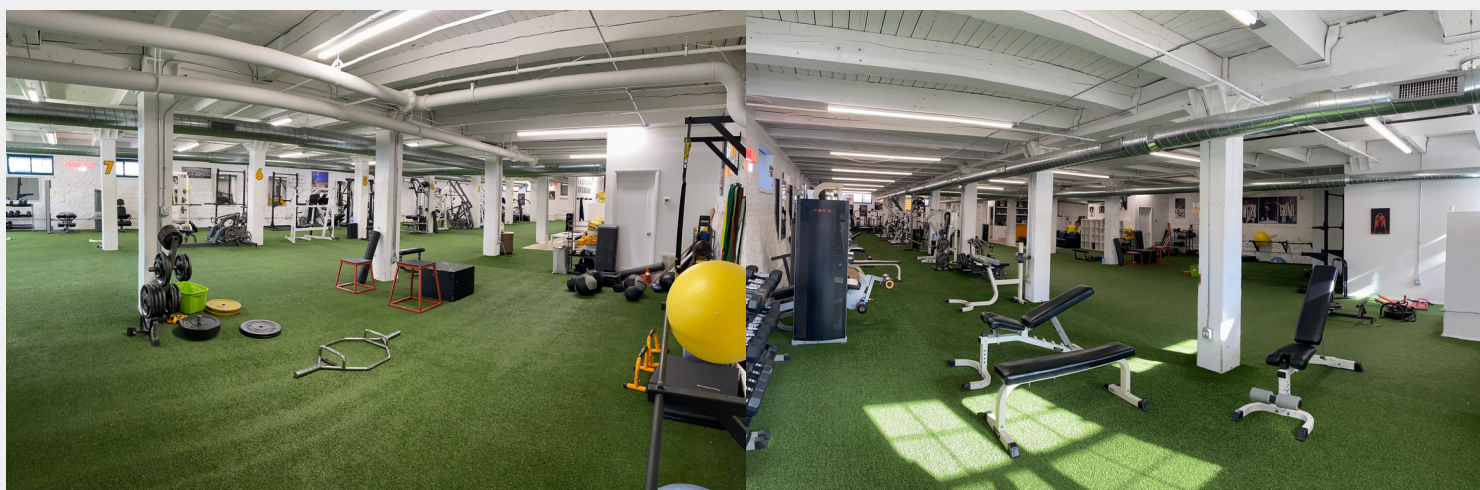
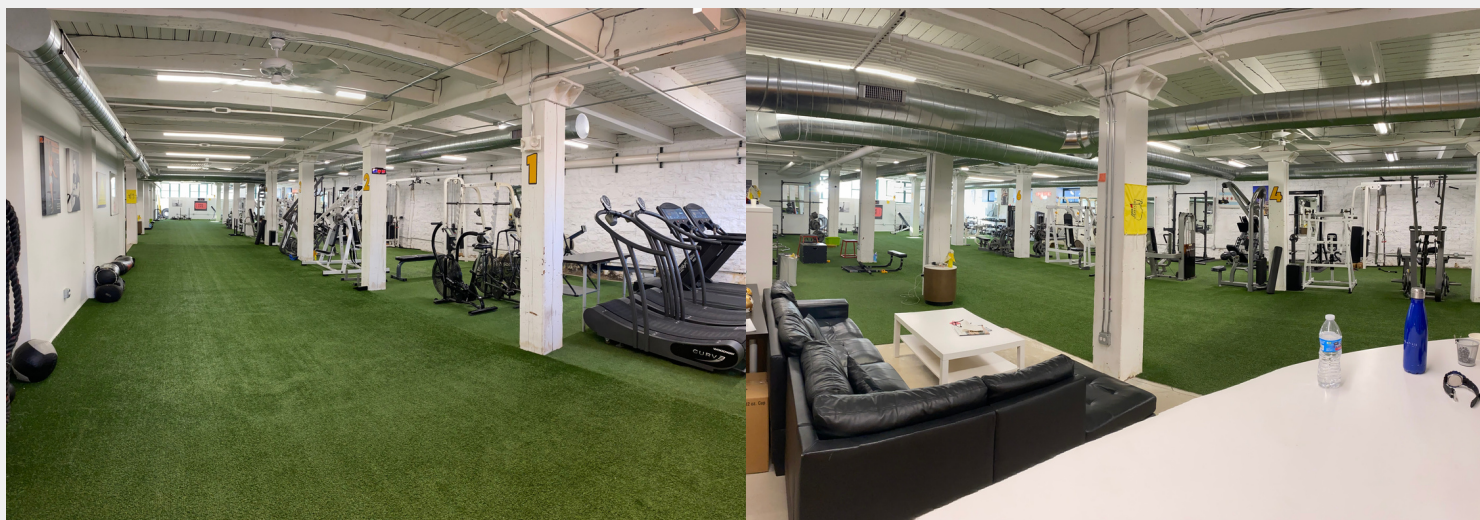


# |Small Group|

## What are my prices?

First time attendee.....	\$20/class
First time attendee (current client).....	FREE
Pay-by-the-class.....	\$40/class
Pay-by-the-class (current clients).....	\$20/class
4 pack.....	\$35/class
4 pack (current clients).....	\$15/class

Classes will take place at Train With Ron (167 N Racine Ave). There will be a 6 person limit. It is orchestrated to allow you to go at your own pace. Classes are scheduled to last 60 minutes. All participants receive a personalized exercise program.



# |Corporate Fitness|

## What are my prices?

Class size up to 10 People.....	\$150/class
Class size up to 15 people.....	\$225/class
class size up to 20 people.....	\$300/class
Class size up to 25 people.....	\$375/class
Class size up to 30 people.....	\$450/class

- Class sizes above 20 people might require me to bring an additional personal trainer
- Willing to help with fitness-related social media content
- Willing to host fitness-related seminars workshops, Q&A's, etc at discounted rates, alongside corporate fitness programs
- Discounted private 1-on-1 training sessions for employees, alongside corporate fitness programs

# Online Coaching

## What are the advantages of an online coach?



**24/7 Access** to ensure you are getting all of the help that you are paying for, in order to keep you on the right path.



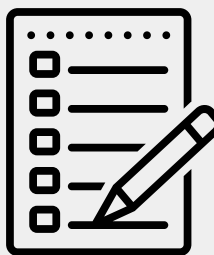
**Affordability** to fit any budget that is serious about finding the right help.



**Freedom** to train wherever and whenever is convenient for you, rather than working around a personal trainer's schedule, while being guided via a smartphone app.



**Technique Analysis** through videos or facetime, allowing me to provide feedback to make sure that your exercise form is proper, safe, and effective.



**Weekly Check-Ins** (or bi-weekly) to assess how you are feeling, gather feedback, and answer any questions, which allows me to make proper adjustments to your programming.

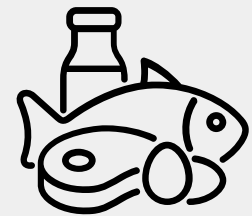


# Online Coaching

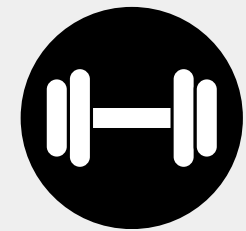
## What online coaching services do I offer?



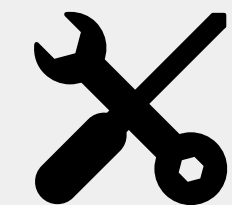
**Premium Coaching:** Delivering the best bang for your buck, all of the benefits of nutrition and fitness coaching are merged into a single service for optimal results.



**Performance Nutrition Coaching:** Nutritional recommendations are guided by the latest research and frequently-modified based on your progress and preferences, to improve stamina and/or strength.



**Fitness Coaching:** From my app, I provide you with workouts that cater to your limitations and needs. Programming is continually-adjusted based on your performance and perceived exertion.



**Nutritional Tune-Up:** I provide you with your calorie and macronutrient needs based on your goals, body measurements, age, etc. This does not involve any coaching.



**Customized Programming:** This is a short term workout routine that is tailored to your current goals. This does not involve any coaching.

# Online Coaching

## What are my rates?

### Premium Online Coaching (Performance Nutrition + Fitness)

Month-to-Month.....	\$375/mo
3 Month Investment.....	\$825 (\$275/mo)
6 Month Investment.....	\$1050 (\$175/mo)

### Performance Nutrition Coaching

Month-to-Month.....	\$225/mo
3 Month Investment.....	\$525 (\$175/mo)
6 Month Investment.....	\$750 (\$125/mo)
Nutritional Tune-Up.....	\$50

### Online Fitness Coaching

Month-to-Month.....	\$225/mo
3 Month Investment.....	\$525 (\$175/mo)
6 Month Investment.....	\$750 (\$125/mo)
Customized DIY Program.....	starting at \$100

### Virtually-Supervised Training

60 min..... rates will vary

Payment Plans available for online coaching services.

# Testimonials



## Alex Tran Performance

Exceptional 5.0 ★★★★★



Linda Q.

Aug 24, 2018

I worked primarily with Alex@ATPerformance on my diet. Alex did an excellent job teaching me how to track my diet based on my macros and calories versus just calories. He made adjustments to my program as needed in order for me to reach my goals we discussed at our first meeting. 8 weeks in to the program I lost both weight & % body fat. Alex did a great job helping me figure out how to get additional protein into my diet while keeping the fat levels down as I had a hard time doing this at first. Alex was always prompt on checking in and answering any questions I had as well.

[Read less](#)



Monica N.

6 days ago

Alex is very well versed, he's always professional and provides a safe space to really push and find your strength and ability.

I am stronger and feel more confident in my form and technique since starting **personal training** with him. I have no reservations in recommending Alex.



Phillip G.

Oct 21, 2018

★★★★★ • Hired on Thumbtack

I hired Alex for my wife and she loves her sessions with him. She says she looks forward to her **training** sessions every week and it puts her in the mind set of being at practice in high school again.



Ilya G.

3 weeks ago

★★★★★ • Hired on Thumbtack

Alex is great to work with! He is very knowledgeable and accomy. We had a few really good **training** sessions and I'm looking forward to further working with him!