

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|

## What are my rates?

### Premium Packages

|                    |                                      |
|--------------------|--------------------------------------|
| <b>4 Sessions</b>  | <b>\$115 / Session (\$460 Total)</b> |
| <b>8 Sessions</b>  | <b>\$105 / Session (\$840 Total)</b> |
| <b>12 Sessions</b> | <b>\$95 / Session (\$1140 Total)</b> |

### Standard Packages

|                    |                                      |
|--------------------|--------------------------------------|
| <b>4 Sessions</b>  | <b>\$100 / Session (\$400 Total)</b> |
| <b>8 Sessions</b>  | <b>\$90 / Session (\$720 Total)</b>  |
| <b>12 Sessions</b> | <b>\$80 / Session (\$960 Total)</b>  |

### Pay-By-The-Session

|                                        |              |
|----------------------------------------|--------------|
| <b>Trial Session (First Time Only)</b> | <b>\$50</b>  |
| <b>Single Session</b>                  | <b>\$120</b> |

### Special Notes:

- **Student discounts available (ask for rates)**
- **Partner & Semi-Private Training available for Standard Training only (ask for rates).**
- **30 minute sessions available (ask for rates).**
- **Zelle, Venmo, PayPal, cash, credit card accepted**

# **|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**
- **Workouts For On Your Own:**
  - **The most successful clients will continue to be physically active on their own. I can help by giving you workouts to do on your own, upon request.**
- **Monthly Nutritional Tune-Up:**
  - **Tune-Ups can help guide nutrition, which is critical for goals related to body composition.**
- **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|

## Standard Vs Premium

- **Tailored Workouts**

- **Tailored Workouts**
- **Advanced Fitness Programming & Tracking**
- **Workouts For On Your Own**
- **Monthly Nutritional Tune-Up**
- **Monthly Progress Reports**

# |Soccer Performance|

## What are my prices?

4 Pack = \$340 (\$85/session)

8 Pack = \$600 (\$75/session)

## What is the focus?

- Client-Centric Goals
- Soccer-Specific Athletic Training
  - Speed
  - Agility
  - Endurance / Conditioning
  - Strength / Power
  - Muscle Development
  - Reaction Time
- Building Physical Resilience For Combating Injury Risk
- From-The-Gym-To-The-Pitch Performance



# |Small Group|

## What are my prices?

|                                         |            |
|-----------------------------------------|------------|
| First time attendee.....                | FREE       |
| Pay-by-the-class.....                   | \$40/class |
| Pay-by-the-class (current clients)..... | \$30/class |
| 4 pack.....                             | \$35/class |
| 4 pack (current clients).....           | \$25/class |

Classes will take place at Train With Ron (167 N Racine Ave). 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.



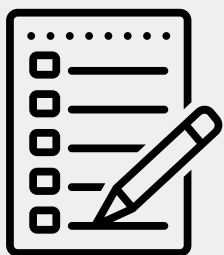
**Affordability** to fit any budget that is serious about finding the right help.



**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.



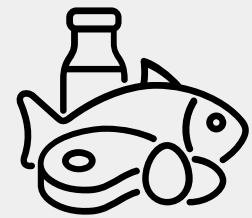
**Weekly Check-Ins** (or bi-weekly) to assess how you are feeling, gather feedback, and answer any questions, which allows me to make proper adjustments to your programming.

# Online Coaching

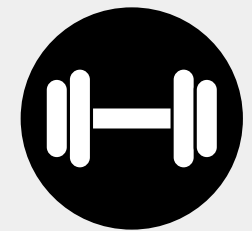
## What online coaching services do I offer?



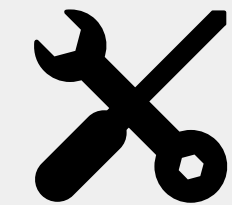
**Premium Coaching:** Delivering the best bang for your buck, all of the benefits of nutrition and fitness coaching are merged into a single service for optimal results.



**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 (free with premium training) |

### **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

### **Consulting (Fitness/Nutrition)**

Fitness / Performance Nutrition...starting at \$100 / month

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!