

# URUN IRUN

*Getting started*

FIND OUT MORE ABOUT OUR PACKAGES BELOW

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## Athletic Plan

This package is based off of my own training and nutrition protocols!

Designed to lean you up, while increasing strength and lean muscle tone. Nutrition is very strategic. Depending on your lifestyle/stress levels, I manipulate macros and nutrient-timing to maximize your efforts in and out of the gym. This program is perfect if you have a goal of maintaining long-term health and changing your overall body mass to a leaner, more toned, version of yourself.

## Athletic Plan

- ✓ Intermediate - Advanced level
- ✓ Sculpt lean muscle and incinerate stubborn body fat!
- ✓ Intense training sessions targeting your entire body over 5 workouts, emphasising areas YOU want to focus on!
- ✓ Balanced, strategic meal plans made for you and your lifestyle.
- ✓ Sculpt your ideal physique and learn invaluable skills.
- ✓ All packages come with personal online support, provided by ME only, your around-the-clock trainer!
- ✗ No countless hours of cardio!
- ✗ No deprivation diets, "pills or potions"; just good nutrition and dedication to your training!

## What else can you expect from the Athletic Plan Package

- ✓ Tighter, lifted glutes
  - ✓ Lean/defined hamstrings & quads
  - ✓ Leaner abs/tighter waistline
  - ✓ Toned adductors (inner thighs)
  - ✓ Delts size & shape, which helps to create that true X shape and make your waistline look tiny! Overall athletic looking physique!
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## Pricing and Payment

**12 Week Athletic Plan \$400 (currently 20% off) \$320**

✓ Two installments accepted.

First installment must be received in order for us to begin. After your first installment is received, I will send you a questionnaire to complete and begin working on your personalized program.

\*All installments must be received prior to the delivery of your program.

**Clients pay via PayPal which may contain an additional service charge.**

**Paypal: amandamunn21@gmail.com**

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## How does it all work?

✓ Your package is sent via PDF form for you to download: 2 personalized eBooklets - Training Programs & Tailored Meal Guidelines, plus a *BONUS program* for my leg/glute activation.

✓ Your personalized eBooklets are loaded with advice on how to get on track and stay on track for life! My packages are not "short-term solutions" or "quick fixes". They are designed to help you create a healthier lifestyle that you can maintain long after the package ends. This is an investment in your long term health & well-being.

✓ Clients check-in weekly with progress shots and feedback. Checking-in is an integral part of my program. It is important for the program to work for you and for you to feel on track at all times!

✓ Online support is provided any time you need to ask questions along the way or if you just need some extra motivation!

**Why keep putting off a happier, healthier body and life? Take the first step right now.**

**A reservation deposit will secure your place for my November intakes, so book now to reserve your spot!**

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## Beginner Plan

The Beginner Plan is great for those who are just starting out or who cannot devote more than 45 minutes per day.

This program is designed with beginners in mind. I've been there. I know how difficult it can be to develop consistent routines with something new. Our Beginner Plan will take you from your current physique to one that is leaner and stronger. I personally assess your current fitness levels and create a plan that is tailored to your specific goals.

## Beginner Plan

- ✓ Each workout takes less than 45 minutes, including the warm-up and cool-down.
- ✓ Strengthen your core and begin to shape an athletic & lean physique.
- ✓ For women of all ages & body sizes.
- ✓ Perfect for beginners or women returning to training after some time off.
- ✓ Workout anywhere, anytime! At-home or in the gym.
- ✓ Learn how to get your body's hormones to work with you, rather than against you.
- ✓ Learn how to make food your friend, and not your enemy.
- ✓ Delicious, quick and easy-to-make meal plans to suit everyone. Including food you love!
- ✓ See and feel results fast!

## What else can you expect from the Beginner Plan Package

- ✓ Eating guideline tailored to your lifestyle and to your training plan.
  - ✓ A calendar full of exercises, with your current fitness level in mind.
  - ✓ Full-time support to help you accomplish your goals!
  - ✓ Stronger core and functional movement training.
  - ✓ Easy to understand plan!
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## Pricing and Payment

**12 Week Beginner Plan \$350 (currently 20% off) \$280**

✓ Two installments accepted.

First installment must be received in order for us to begin. After your first installment is received, I will send you a questionnaire to complete and begin working on your personalized program.

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## The Program

Each plan is structured for you. You will complete a thorough assessment at the beginning of the program, send in before pictures, then I begin creating a plan that is made strategically for YOU. Burning body fat and building muscle is a science. I create a nutritionally dense eating guideline that allows your body to rid itself of stubborn fat overtime. Your progress is strategically monitored by me. If adjustments need to be made or if something isn't working for you, we fix that right away!

- ❑ I only take in a small group of clients so that you get the attention you need during this process.
- ❑ Meal guidelines can be created for any type of lifestyle; vegetarian, vegan, food intolerances.
- ❑ Each plan contains the proper amount of calories and macros to compliment the training program.
- ❑ Includes advice and guidance for dining out, alcohol, rest, supplements, meal prep and proper form.

## Your Trainer

My experience with exercise began in my later teenage years. Over the past two decades, I have lived the lifestyle of a health enthusiast and have shared my knowledge on the biochemical pathways of the human body with my clients.

I received my CPT in 2010 from the National Academy of Sports Medicine and have focused on learning the nutrition side of the field. Losing fat is a science. There are so many ways to approach a good diet but ultimately this all depends on YOU and what you enjoy eating. Training and eating healthy is such a strong part of my life and is my true passion.

Around 2010, I opened up my own training center called URUN IRUN. My motto has always been: Make training and healthy eating a stress-free experience for clients. I approach this process with the mindset of adding healthy choices into your life; NOT removing some of the foods you love. In my experience, removing your favorite unhealthy foods completely is a recipe for disaster! I teach you how to operate a healthy balance and how to exercise correctly.

The truth about these programs is they are usually a one time investment. At the end of your 12 week plan, you have learned enough to continue on your own and clients usually return when they are wanting to graduate to the next level of fitness. I try my best to teach you as much as I can during our time together!

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