



POINT ONE

ELEVATE

***A 12 WEEK ACCELERATOR
FOR FRICTION-FREE FAT LOSS***

pointone.fit

POINT ONE

THE OBJECTIVE:
FAT LOSS, STRENGTH & TONING.

Time and willpower are scarce resources. The conventional fitness approach defaults excessive cardio and restrictive diets.

For the modern professional female, we deliver better and more sustainable approach.

Elevate.

Elevate is small group, fat-loss focused training built with the professional female in mind. The most cutting-edge training, nutrition, strategies, and insights are combined for maximal efficacy and sustainability. Exceptional willpower and tremendous time commitments are not required.

ALL THAT'S LEFT

is a laser-focused training program built for those who refuse to compromise on themselves.

POINT ONE

THE FOCUS: YOUR TRAINING RESULTS.

Here's the harsh truth: most people are exercising, not training. Exercise has no structure, no progression, and no focus.

Training, on the other hand, is built to get you from where you are to where you want to be, in the fastest manner possible. Results come by design, not by chance.

**RESULTS BY DESIGN,
NOT BY CHANCE**

ELEVATE is focused training tailored for the professional female whose goals are to lose fat, tone and get stronger without gaining.

Every facet of the program is engineered to achieve those goals in the fastest and most consistent manner possible.

PROGRAM HIGHLIGHTS

POINT

Small Groups

- 6 trainees max
- The same results as 1 on 1 training, at a fraction of the price

Training

- Fat loss focused
- Gain strength without building muscle
- Toning
- Injury prevention + pain reduction built into your workouts
- Meticulously structured + planned to deliver consistent progress
- Workouts change every 3-4 weeks
- Mondays, Tuesdays and Thursdays @ 6pm

PROGRAM HIGHLIGHTS

Nutrition

- Principle based
- No calorie counting
- Sustainable, not restrictive
- Health focused

Lifestyle Strategies

- Improve sleep
- Lower inflammation
- On average: RESULTS 4X FASTER with minimal effort
- Optimize digestion
- Increase energy, drive & focus

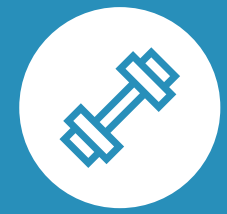
Coaching

- World class training programs
- Intelligent progression
- Structured accountability
- Select peer group outside your comfort zone



THE PROCESS

PO.1NT



TRAIN



LEARN



APPLY



FINE
TUNE



ELEVATE

WE HELP OUR CLIENTS AVOID:

WASTED TIME >> STRUGGLE & GRIND >> INJURIES >> RESTRICTIVE DIETING >> PLATEAUS >> BACKSLIDING





***WE MAKE TRAINING
DELIVER RESULTS AGAIN.***

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Elevate is by application only.

To apply for a spot in this program, please email: david@pointone.fit