

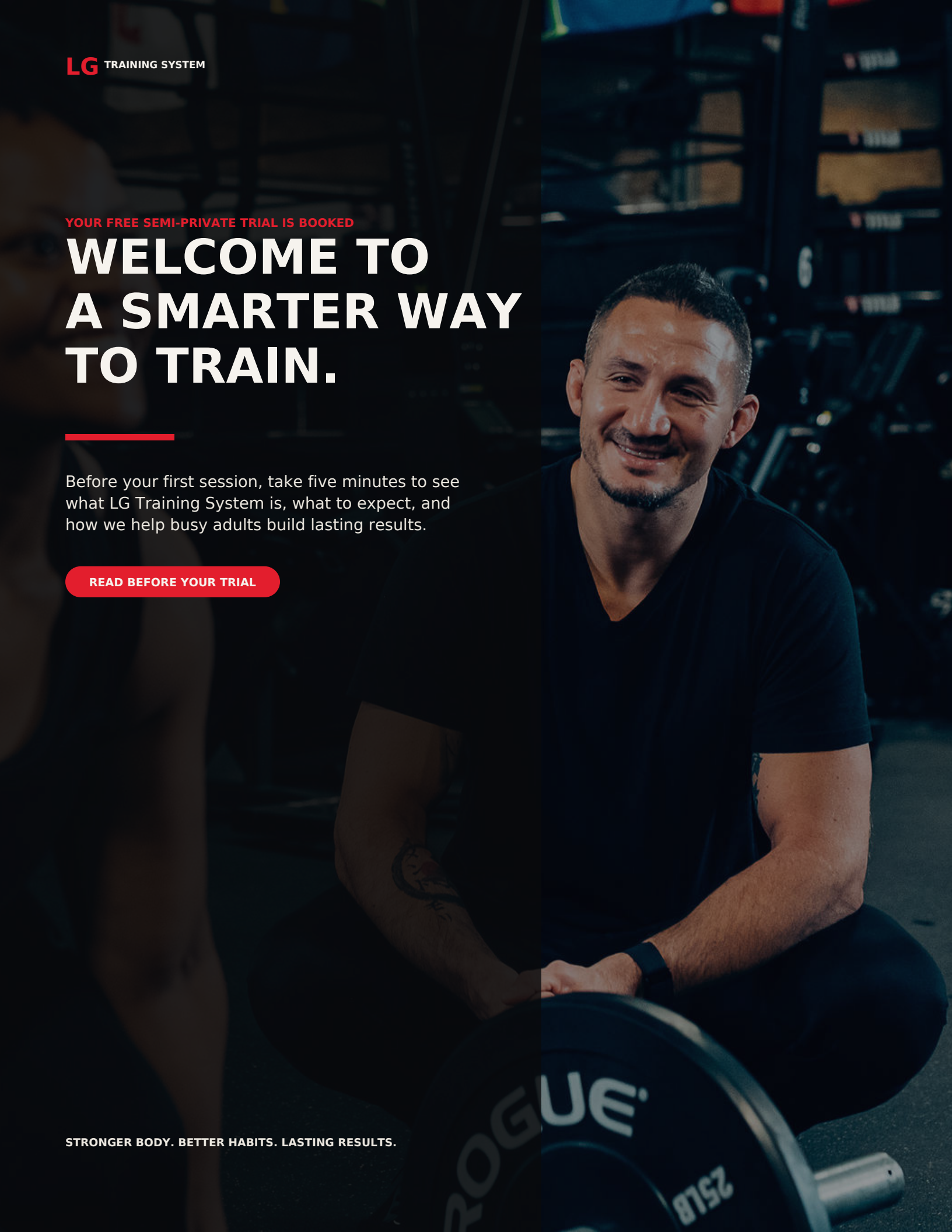
YOUR FREE SEMI-PRIVATE TRIAL IS BOOKED

WELCOME TO A SMARTER WAY TO TRAIN.

Before your first session, take five minutes to see what LG Training System is, what to expect, and how we help busy adults build lasting results.

[READ BEFORE YOUR TRIAL](#)

STRONGER BODY. BETTER HABITS. LASTING RESULTS.



THE LG PHILOSOPHY

THIS IS NOT JUST A WORKOUT.

IT IS A COMPLETE COACHING SYSTEM.

Most programs give you exercises and leave you to figure out the rest. LG Training System gives you a clear plan, teaches you how to execute it, holds you accountable, and adjusts the process as your body and life change.

01

PROGRESS OVER PUNISHMENT

Sweat and soreness can happen, but they are not the goal. Better movement, greater strength, improved habits, and measurable progress are.

02

BUILT AROUND REAL LIFE

Efficient strength training and flexible nutrition fit your schedule. Fitness should improve your life - not consume it.

THE PROMISE

You will know what to do, why you are doing it, and what progress looks like next.

ONE INTEGRATED SYSTEM

THE FOUR PILLARS

Your results depend on more than the hour you spend in the gym. The system connects your training with the choices and habits that shape the rest of your week.

01**TRAINING**

Build strength, muscle, movement quality, and confidence through coached, purposeful sessions.

02**NUTRITION**

Use flexible structure, protein, portions, and simple habits instead of rigid meal plans.

03**ACCOUNTABILITY**

Check-ins, coaching feedback, reminders, and clear next actions keep you moving when life gets busy.

04**PROGRESSION**

Track performance, habits, and body changes, then adjust the plan using real information.

ASSESS > PLAN > TRAIN > COACH > ADJUST

YOUR FIRST SESSION

WHAT TO EXPECT

The purpose of your trial is to understand your goals, let you experience the coaching, and determine the best next step for you.

01 GOAL CONVERSATION

We discuss what you want to change, what has been difficult, your schedule, and your training history.

02 MOVEMENT AND READINESS

We look at how you move, your experience level, and any limitations that should guide the session.

03 COACHED WORKOUT

You complete a purposeful strength session with technique instruction and the right level of challenge.

04 CLEAR RECOMMENDATION

We recap what we noticed and recommend the coaching frequency and format that best fits your goal.

YOU DO NOT NEED TO GET IN SHAPE FIRST

Beginners are welcome. Every exercise can be adjusted to your experience, confidence, and current ability.

IF YOU CONTINUE

A PLAN THAT EVOLVES WITH YOU.

IN THE GYM

Hands-on instruction, technique feedback, exercise adjustments, and the right level of challenge.

IN THE APP

Your program, habits, reminders, check-ins, and progress data stay organized in one place.

EACH WEEK

A brief review creates awareness, accountability, and one clear priority for the week ahead.

ACROSS EACH PHASE

We repeat key movements long enough to build skill and measure progress, then advance the plan.

CHECK IN. REVIEW. ADJUST.

That coaching loop is how your plan stays personal.



BEFORE YOU ARRIVE

QUICK ANSWERS

Will the workout be very intense?

It will be challenging at the right level. The goal is quality and progress, not punishment.

Do I need experience with weights?

No. We teach the movements, adjust exercises, and build from your current level.

Do I have to follow a strict diet?

No. Nutrition coaching uses flexible structure and sustainable habits that fit real life.

What does coaching cost after the trial?

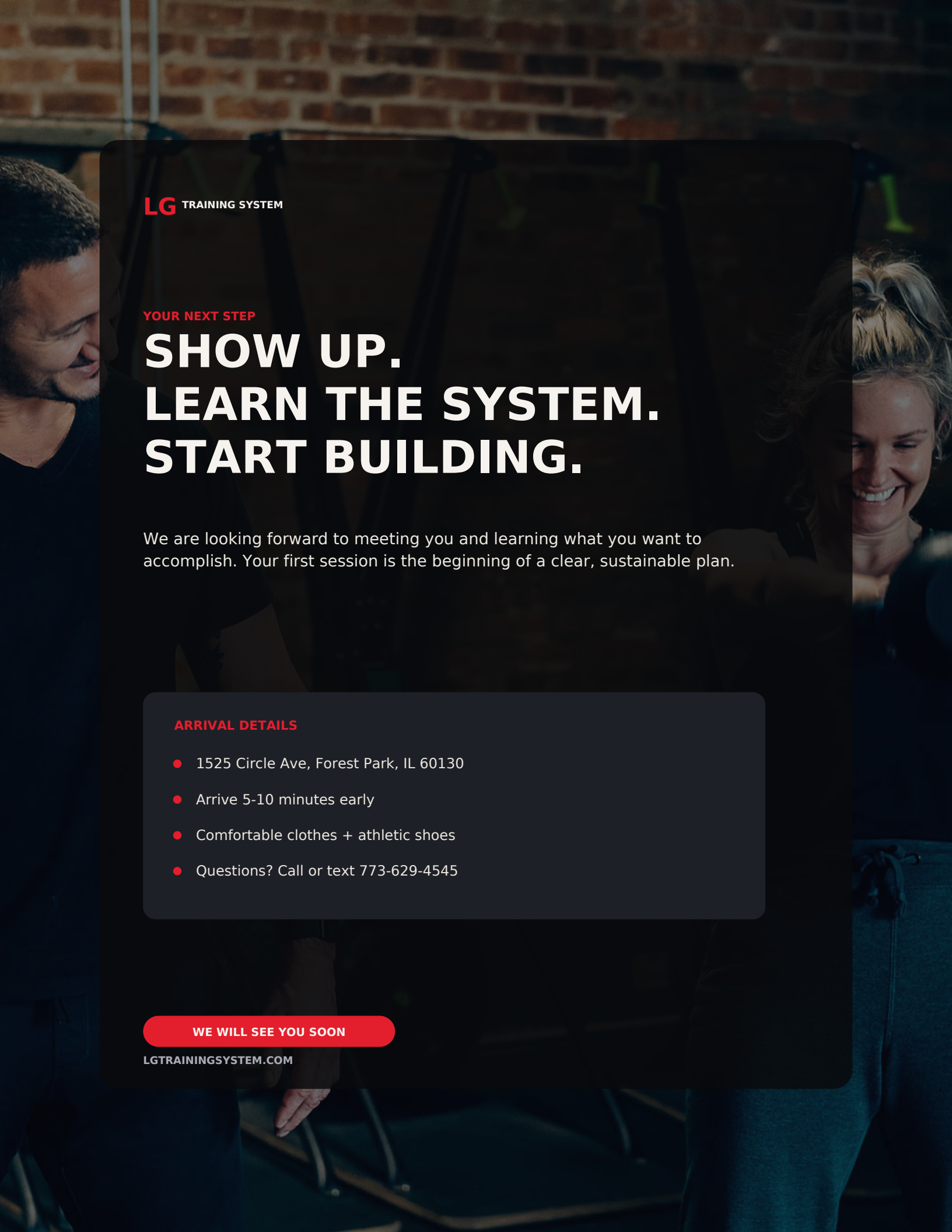
Semi-private coaching is \$200/month for 1 session per week or \$400/month for 2 sessions per week. We recommend the best fit after your trial.

What should I bring?

Wear comfortable training clothes and athletic shoes. Bring water and arrive 5-10 minutes early.

THE ONLY EXPECTATION

Show up ready to learn, communicate, and give an honest effort. We will guide the rest.



LG TRAINING SYSTEM

YOUR NEXT STEP

SHOW UP. LEARN THE SYSTEM. START BUILDING.

We are looking forward to meeting you and learning what you want to accomplish. Your first session is the beginning of a clear, sustainable plan.

ARRIVAL DETAILS

- 1525 Circle Ave, Forest Park, IL 60130
- Arrive 5-10 minutes early
- Comfortable clothes + athletic shoes
- Questions? Call or text 773-629-4545

WE WILL SEE YOU SOON

LGTRAININGSYSTEM.COM