

FITLAB FT

Mission Statement

"We have a mission to be the most respected accountability and training service company in New Hampshire. To do this, we have created a culture within our organization that encourages and establishes exceptional trainers. We believe that this directly translates to better care for our clients. Our unique functional facilities pair with a world-class nutrition and accountability program enabling our members to achieve permanent and positive change. Our team holds themselves to a higher standard, because FITLAB FT is the new standard."



Are you ready to join your new Fit Fam?

Meet the FITLAB FT Director



Randy has been a group and personal trainer since 2008, working at places like the YMCA, US Navy, GOLD'S, FITLAB, and various CrossFit gyms in southern NH. He owned his own functional fitness gym in 2013, where he trained people to complete races from 5k to marathons; road and trail, as well as obstacle course races like Tough Mudder, Warrior Dash, Spartan, and Ruckus.

"Endurance training and functional fitness is my passion, as I believe it applies to everyday living. If you nail mechanics, consistency, and intensity, you will become good at everything you do and your injury levels will decrease dramatically. My job is to get you to live as independently as you can, for as long as you can."

Fun fact about Randy: his passion for health doesn't end with his clients! He has raced personally in 13 Tough Mudders, 2 marathons, a dozen half marathons, a 50 mile trail race, as well as competed in 2-100 mile races. He competed in the CrossFit Open, finishing in the top 35% in the world in 2018.

Schedule your free consultation by e-mailing us at fitlabft@fitlab.bz and leaving your name and phone number.

FT

FITLAB|FT



Coaching + Accountability + Nutritional Guidance = RESULTS!

It's been proven that in the fitness world you need all 3 to be successful long term.

FITLAB FT puts the whole package together for you! Welcome to the last program you'll ever need!

What is a **FITLAB FT** class and Why is it effective?

FITLAB FT is a complete program built on the idea that Fitness should be FUN and not seem like work! Our Class Structure below accelerates the fat loss and muscle gain process from a scientific viewpoint. Its effectiveness lies in the meticulous programming along with small class sizes that make it easy to get a more personalized experience. What does that mean? QUICK AND LASTING RESULTS!

Build

Full Body Strength Training and Toning

Burn

HIIT Training and Fat Burn

Boost

Functional Training and Stability Training

Blast

Mixed Training and Partner Workouts

By teaching excellent mechanics, we combine the different methods of time under tension, HIIT training, and strength training. Through this scientifically formulated program, you will train for strength, explosive power, fat loss, muscle gain, muscular endurance, and cardiovascular conditioning.

What Does FITLAB FT Offer?



Small Group Training - We keep the training aspect FUN and INNOVATIVE as well as scalable to all levels of fitness!

Accountability Coaching - We make sure to keep you on task and exceed your goals on a daily basis!

Personal Training - Our top-notch, coaches work with you 1 on 1 with your specific goals taking into consideration injuries, setbacks and limitations! Any level of fitness can participate!

Nutritional Guidance - You can eat the foods you like and still be healthy! We will teach you about portion control and program your body into a fat burning, muscle-building machine!

Meal Plans - We customize a meal plan to your body type and metabolic rates!

Healthy Cookbooks/Eating Habits - We give you a 43 page Healthy Cookbook filled with delicious recipes that you will enjoy preparing and eating!

Progress Tracking - Using our innovative technology InBody Scale we can track your individual fat loss/muscle gained results!

And much more!

TAKE THE CHALLENGE!

The **CHALLENGE** is a recurring program that runs 6 weeks. It takes all of FITLAB FT's resources to the left and puts them into one big, results driven package! Find out what makes this program so successful and motivating! There's a reason 87% of our Challengers hit their goals in 6 weeks.

Do you have what it takes to take on the **FITLAB FT CHALLENGE?** Act fast since limited spots are available!

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