**Build Your Future, Today!**

**Sustainable Results, No Matter Your Goal!**

**Video Introduction:** https://www.youtube.com/watch?v=PdHRZq3ztcc

**Background:**

- Current professional wrestler for premier company NJPW, and travels all around the world.

- I have successfully competed against teens and adults, winning without steroids on a REGIONAL and NATIONAL level bodybuilding stage.

- I placed fourth Nationally in Freestyle Skiing as a young adolescent.

- High School Varsity Golfer

I began working out at 9 years old and I competed in my first bodybuilding contest just days after my 16th birthday. My fitness programs help you build:

- Physique (Muscle Gain or Fat Loss)

- Strength

- Athleticism

I started off as the skinniest kid in school, I built myself up and became a national champion in multiple sports and a professional wrestler. I want to help you **"Build Your Future, Today!"**

**Brief Overview:**

THIS PROGRAM GIVES YOU THE SAME QUALITY AND CAMARADERIE WITHOUT TRAINING IN PERSON! Video chats, video adjustments, and great communication.

(In-Person Options Are Available)

My Programming puts you down the clear path toward achieving your fitness goals in a SUSTAINABLE WAY, WITHOUT THE USE OF STEROIDS! I program my clients WITHOUT FITNESS FADS, FALLACIES, and LIES. Most coaches keep you in their bubble and only allow you to learn to a limited extent. They do this so that you always need to PAY them. I will set you up on a path toward no longer needing a coach! Through my program you will:

A – Get Your Desired Results

B – Gain the Ability To Keep/Improve Those Results For The Rest Of YOUR LIFE! I will inform you, educate you, and teach you past all of the lies others tell, just to sell fitness products and programs.

**My Programs Teach:**

Macronutrients, Proper Training Periodization, Biomechanics (how the body functions, to best optimize your workouts), Recovery Tactics, and more!

**TRUST ME WHEN I SAY THIS, PEOPLE MAKE FITNESS WAY MORE COMPLICATED THAN IT NEEDS TO BE. Getting in shape, should and can be very simple - if you apply the basic fundamentals taught in my programs.**

A successful fitness program is not just about what you can do for NOW, but it is about what you can do FOREVER! Most people get to their fitness goal, JUST TO FALL BACK TO WHERE THEY WERE, or even worse - binge eat and regress beyond their starting point. Why does this happen? Simple. The programming they were given is not sustainable for the long haul. Can you really never eat another carb? Can you really never eat sugar again? Can you really never eat fat again? Restrictive meal plans are not only counterproductive for your results but unsustainable and promote an unhealthy relationship with food. My programming will help you ENJOY a healthy lifestyle, which does not require you to never go out or be social. In turn, this will help you stay on track and KEEP the results you EARNED. Additionally, the workout programming can and will be tailored to what you enjoy doing/your lifestyle!

**\* FITNESS IS ABOUT WHAT YOU CAN DO FOR THE REST OF YOUR LIFE. FITNESS IS A LIFESTYLE \***

(Extremes can be reached if bodybuilding or other competitions are the goals).

The information in my programs is passed down knowledge that I have learned through surrounding myself with the best lifters, bodybuilders, scientific research, and personal trial and error. I have trained with the elite in the fitness industry and have traveled far and long to learn from seminars lead by the best.

**Who Do I Work With?**

- Anyone Who Wants To Proactively Chase A Better Life!

- I have worked at several gyms leading and assisting in personal training classes. I successfully coached men, women, and teenagers (boys and girls). My clients have successfully competed in bodybuilding shows, powerlifting meets, their seasonal sports, and or just achieved personal goals (weight loss/lifestyle).

My Programs focus on actually getting you the results that YOU DESERVE. For a far cheaper price, I will teach you the information that I wish I understood when I first started training over a decade ago...

**THIS IS YOUR LIFE, LET’S DO THIS!**

**PRICING:**

● **My Base Rate would be $65 per month for a Standard Plan!**

- This Program Is A Great Start

- Includes weekly check-ins with me via email

- Standard Diet and Training Program

- Fundamentals Are Taught

- You Must Calculate Your Own Meal Plan, But It Is Very Simple and Guided

● **My Customized Plan is $120 per month!**

- This Diet and Training program is tailored to YOUR body

- Supplement Advice

- Contact me anytime

- I CAN ADJUST YOUR FORM

- Advanced Skills Are Taught

● **$50 for 1 Hour of Posing Practice on Video Chat**

● **$60 for One Hour of Video Chat To Guide You Through The Workout**

● **$80 for One Hour of In-Person Training or $65 if you are a client**

Now, this may seem like a lot of money... but studies show that hiring a personal trainer for ONE online session would on average be $70-$200.

**Build YOUR Future, Today!**

- AJ Ziegler

● NASM Virtual Coaching Specialist

● NASM Certified Personal Trainer

P.S. Fitness changed my life… I went from the weakest kid in school with no confidence, to a strong individual conquering my everyday life and traveling the world. **Fitness is more than just about changing your body…. Fitness is about changing your LIFE! Let’s do it together!!!**

**MOTIVATION + EXTRA INFORMATION:**

**There are no shortcuts in this program or in life. My program, just like life, requires a commitment to bettering yourself and the world around you!**

BE A PART OF THE TEAM!

CONVERSE ABOUT YOUR PROGRESS

USE THE HASHTAG: #TeamAJZ

**Social Media:**

Instagram: @AJZiggy1818

https://instagram.com/ajziggy1818/

Twitter: @AJZiggy1818

https://twitter.com/AJZiggy1818

LIKE ON FACEBOOK: Team AJZ https://www.facebook.com/AJZiggy1818/

Email: officialehw@gmail.com

YouTube: https://www.youtube.com/channel/UCaYKOZ5E1PJuJBEXNqh1Zxw

TikTok: @AJZiggy1818

[https://www.tiktok.com/@ajziggy1818](https://www.tiktok.com/%40ajziggy1818)

Website:<https://andreas-ziegler.weebly.com/>

My Transformation Age 9-23:<https://www.instagram.com/p/CfOstnmJg1-/?hl=en>

**DISCOUNTS:**

- MILITARY DISCOUNT 10%

- 25% off ANY ORDER FOR 1 REFERRAL THAT SIGNS UP

**NO COMMITMENTS: Renew/Cancel After Any Month!**

**Cancelation Fee:**

YOU ARE CHARGED FULL PRICE if you schedule ANYTHING with me and you CANCEL WITHIN 24 HOURS.

**FAQ**

1. The customized plans: Do you write out meals or are they based on macros?

I can do anything! My programs are tailored to you and your requests!

2. Can I train with you in person?

Yes, the standard price is $80 for 1 Hour, $65 if you are a client

**WHY THIS PROGRAM WORKS AND MANY OTHERS DO NOT!**

NO LIES, NO MISLEADING, NO FADS - GET THE RESULTS, KEEP THE RESULTS, IMPROVE THE RESULTS, AND KNOW HOW TO DO IT!

I believe fitness is a building block of life. I connect with clients on a personal level and encourage them to utilize the lessons learned in fitness in their everyday life. If I can help someone improve their fitness, then I can help them improve their own life!

**Thank You For Reading This Far - Here Are Some Discount Codes!**

❖ GET 40% off! Have Your Meals Sent To You Using THIS Link!<https://trifectanutrition.llbyf9.net/kjE1RV>

 Use Code: ajz40

❖ GET 5% off! Bulk Supplements! <https://glnk.io/63qn/242>

Use Code: Andreas5

❖ GET 20% off! MUTANT Supplements! <https://mutantfitfoods.myshopify.com/discount/AJZ20?redirect=/?aff=267&aff=267>

Use Code: AJZ20