



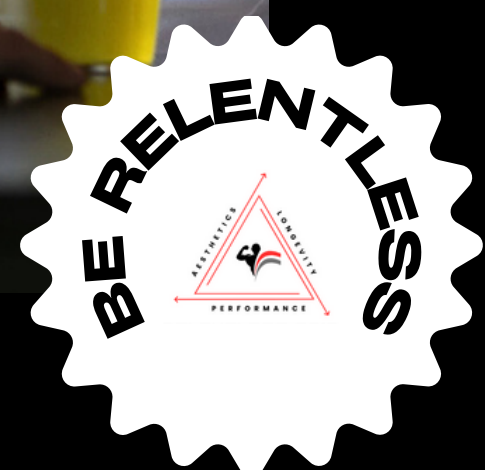
RELENTLESS SPIRIT

Fitness & Nutrition

BUILDING A BETTER YOU:

**CUSTOMIZED WELLNESS
PLANS FOR LASTING CHANGE**

Join the transformative journey towards your best self
with our tailored solutions, designed to empower
lasting change and elevate life.



www.relentless-spirit.com



ABOUT US

Embarking on a weight loss journey can often feel like navigating a maze of fad diets and grueling workouts. **But what if I told you there's a better way?** Welcome to a transformative approach that places your well-being at the forefront, prioritizing balanced nutrition, sustainable habits, and your unique journey to success.

Gone are the days of restrictive diets and punishing workouts. Instead, we'll embark on a journey of self-discovery, where nourishing your body with nutrient-rich foods and finding joy in movement become your new mantras. Together, we'll implement gradual, sustainable changes that not only support your health goals but also align with your lifestyle and preferences.

This journey isn't about striving for perfection; it's about embracing progress. As your guide, I'll be by your side every step of the way, offering unwavering support, guidance, and encouragement. Together, we'll celebrate your victories, no matter how small, and witness the transformative power of healthy living unfold before your eyes.

If you're ready to reclaim your power, prioritize self-care, and embark on a journey of lasting change, I'm here to help you take that first step. Let's work together to unlock your full potential, achieve your goals, and create a life filled with vitality and well-being.



VISION

For three decades, I've immersed myself in martial arts, dedicating 17 years to teaching self-defense and fitness. Yet, my journey took an unexpected turn as I battled body dysmorphia, despite my expertise. Striving for an unattainable ideal led me to neglect my health, prompting a step back from teaching. This marked the start of my personal odyssey—a voyage of recovery, self-discovery, and growth. Through relentless dedication to nutrition and fitness education, I found balance and overcame body dysmorphia. Today, I stand as living proof of resilience and transformation, driven by a vision to redefine the paradigm of health and well-being.



MISSION

Now, my mission is clear: to liberate others from the shackles of unrealistic standards. Together, we'll embark on a journey of holistic wellness, guided by balanced nutrition, mindful movement, and unwavering self-love. My goal is to cultivate an environment where empowerment and authenticity thrive, enabling individuals to embrace their unique path to well-being. Join me as we revolutionize the concept of health and embark on a transformative journey together, one empowered step at a time.

HOW IT

WORKS

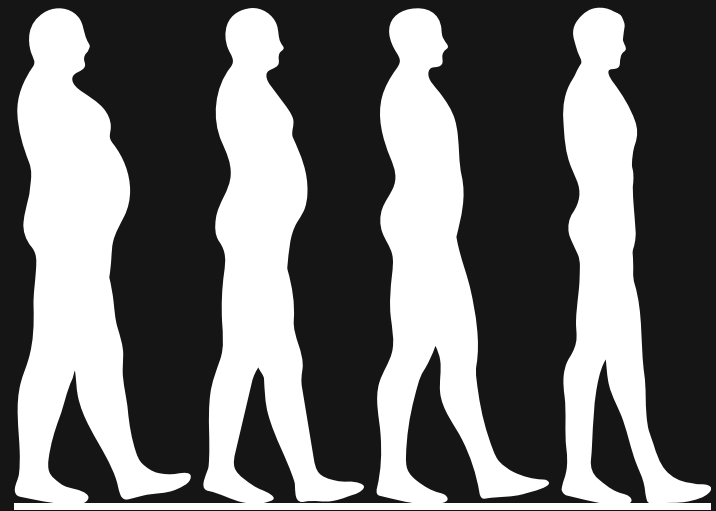
PHASE 1: METABOLIC RECONDITIONING



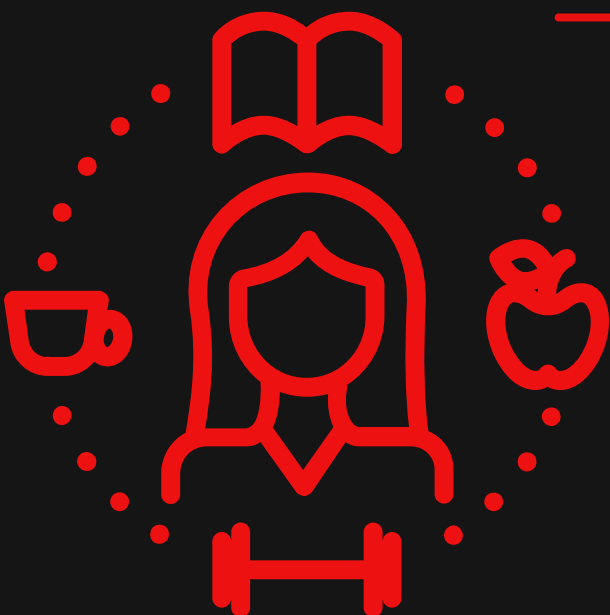
- Restore Metabolic Function
- Improve Sleep Quality
- Stress management
- Time Management

PHASE 2: FAT LOSS ACCELERATION

- Accelerator Fat Loss Result
- Drop Inches
- High Energy



PHASE 3: LIFESTYLE INTEGRATION



- Sustainable Habits and Lifestyle Integration
- Enjoy life

GETTING

STARTED

1

Let's start with a complimentary consultation via Zoom or an in-person meeting. During this session, we'll discuss your goals, challenges, past successes, and areas where you've encountered obstacles.

Next, we'll determine the best approach for our collaboration, whether it's through online sessions or in-person meetings, tailored to your preferences and needs.

2

3

Monthly payments will be conveniently processed using my secure electronic payment service, Stripe, ensuring a seamless transaction experience.

Prior to our onboarding call, you'll receive an onboarding package to review. Feel free to ask any questions or seek clarification during our session.

4

5

In our follow-up meeting, we'll delve into the details of our collaboration, address any inquiries you may have, and schedule our next video check-in to ensure we stay on track with your goals.

CHECK-INS

How Coach and Trainee Communicate

Consistency and precision are paramount when tracking your physique's progress. Rather than fixating on daily weight fluctuations, we advocate for a weekly weigh-in approach. This method offers a more accurate assessment of your journey's trajectory. However, for a comprehensive understanding of your transformation, we prioritize measurements and progress photos. These visual cues not only showcase your hard work but also serve as reliable markers of progress towards your desired physique. By concentrating on these natural indicators of success, you'll maintain motivation and make informed decisions on your fitness journey.

Our weekly calls stand as the cornerstone of our commitment to your success. These sessions provide a dedicated platform to celebrate milestones, evaluate setbacks, and collaboratively strategize any necessary adjustments. We firmly believe in the power of accountability and transparent communication to keep you motivated and on course throughout your transformation. With these regular check-ins, we ensure each step taken is purposeful and aligned with your goals, propelling you towards the transformative results you aspire to achieve.



WHAT TO

EXPECT

6-MONTH COMMITMENT

Nutrition and health coaching are journeys that require time to comprehend your body and establish sustainable approaches for the long term. The process of building new habits and breaking old ones cannot be rushed, as quick fixes often yield temporary results.

Instead, our commitment lies in achieving your goals through dedication, consistency, and effort. Let's embark on this journey together, understanding that lasting change necessitates genuine commitment and time.

HOLISTIC APPROACH

I firmly believe in a holistic approach to success, acknowledging that the body's complexity extends beyond mere calorie counting. To ensure your success, we must address various factors such as stress, sleep, nutrition, and fitness. It's imperative to optimize every aspect of your well-being for lasting success effectively. Let's collaborate to harmonize all these elements and propel you towards your goals.

TRACKER

To accurately monitor your progress, I recommend using either MyFitnessPal or Nutritionix apps. Additionally, acquiring a food scale is crucial for precise measurements. I also advise incorporating a step tracker into your routine. All data will be logged into our shared tracker on Google Drive, due weekly. I will provide feedback within 24 hours of submission.

SINGLE SESSION OPTION

Uncertain if this commitment suits you? Test the waters with a single session for \$100. Experience firsthand how our approach aligns with your needs and goals, empowering you to decide if we're the perfect match before committing to a longer-term program. Please note: a maximum of two single sessions per month is allowed, with no expectations of results. For optimal benefits, opt for our 8-session package and unlock the full spectrum of our offerings.

WHAT TO EXPECT IN THE FIRST 90 DAYS

Following our established protocols during this initial phase should lead to noticeable changes within the first three months. Aim for at least 90% adherence to these protocols for optimal results. Achieving an 80% adherence rate will still yield progress, albeit at a slower pace. However, maintaining only a 70% adherence rate may result in minimal progress, potentially leaving you questioning the effectiveness of the program. Consistency is paramount to maximizing your success.

MONTHLY PERSONALIZED PROGRAMMING

Our training operates within structured blocks lasting four to six weeks, each focusing on specific styles such as strength, hypertrophy, or muscular endurance. Before transitioning to the next phase, I'll touch base with you to gather feedback. This includes discussing exercises you may not have enjoyed, exploring new options you'd like to try, addressing any changes in goals, and accommodating adjustments in workout timing or duration. Your input ensures that our training remains tailored to your preferences and evolving needs throughout your fitness journey.

STREAMLINED COMMUNICATION WITH FASTLANE

All interactions, from check-ins to tracking progress and accessing instructional videos, are efficiently managed through our dedicated app. Clients have seamless access to all program materials, including check-in forms, tracking sheets, and instructional content. This centralized platform ensures that all program-related information is easily accessible in one place, enhancing convenience and maximizing efficiency for our clients. the effectiveness of the program. Consistency is key to maximizing your success.

EXPECTATIONS

From this point forward we are a team working together towards your goals. Your goals are now my goals and honesty and consistency will dictate our success. I am all in on your journey and I hope you are too!

WHAT YOU WILL GET FROM ME

- Honest, open communication.
- I work with a network of coaches. If I don't have an answer, I will find it out within 24-48 hours.
- No judgment!
- Individualized plan specifically tailored for you.

WHAT I EXPECT FROM YOU

- Show up, Do. The. Work., and listen.
- Don't think. When we do this, we tend to overthink.
- It's about the journey, not the end result. Enjoy the process.
- Keep current on your tracker sheets, hand in data on time, and ask for help when needed.
- Challenge yourself
- Perfection isn't our goal—it's unrealistic. Instead, I value genuine dedication and effort from you. Our focus is on consistency, as we work together towards progress, not perfection. Your commitment to putting in genuine effort consistently is what will lead to success in your journey.

TIPS FOR SUCCESS

SMALL WINS

Breaking up the big goal into smaller ones and then CELEBRATING!

GET COMFORTABLE BEING UNCOMFORTABLE

Sometimes, the biggest payoffs are just outside our comfort zones!

BE PATIENT

Quick fixes do not last, so be patient with both with yourself and the process for the long-term payoff!

CHECKINS AND TRACKING

Please be careful with filling out your tracker and being prepared for check-ins. This is how we will be able to monitor your progress and set you up for success!

CONSISTENCY AND EFFORT

No one is perfect, and life happens, so we are not striving for perfection. We are working towards consistency and putting in genuine effort so that we can reach your goals!

SERVICES

& PACKAGES

Nutrition Coaching:

- How to buy healthy food
- How to shop for healthy food quickly
- How to buy healthy for at an inexpensive cost
- How to buy food for your family
- How to buy healthy food while you travel

Fitness Coaching:

- Easy personalized training
- How to videos
- Performance tracking
- Responsive to questions quickly

Nutrition Support:

- In-person experience shopping for groceries
- Create personalize shopping list
- Grocery shopping done for you (Instacart)
- Text support while shopping
- Phone call while shopping

Fitness Support:

- Programming broken out (reps, sets, rest time)
- Lifting cues to help when you plateau
- Tracking sheets for you to watch your performance improve
- Answers provided within 24 hours

| ONLINE TRAINING | MONTHLY |
|-------------------|---------|
| Nutrition/Fitness | \$250 |

| IN-PERSON TRAINING & NUTRITION | MONTHLY |
|--|---|
| Nutrition/Fitness 12 Sessions + Two Hour Nutrition Coaching | \$890  |
| Nutrition/Fitness 8 Sessions + Two Hour Nutrition Coaching | \$630  |
| Nutrition/Fitness 4 Sessions + Two Hour Nutrition Coaching | \$350 |
| Couples' pricing will be dependent on frequency and if you are training together or separate | \$150 together \$270 Separate |
| Nutrition/Fitness 1 Session+ .5 Nutrition Coaching (limit 2 per month) no results guaranteed | \$100 |
| Please note: traveling to your location may incur a surcharge based on the distance traveled. • reimbursement amount = miles * rate | 65.5 cents per mile |

LEGALITIES

CANCELLATION POLICY

- Online Training - must pay for a minimum of 3 months after that point you can cancel by emailing me with 30 days notice.
- Nutrition and Bundles - must complete the contract unless the coach deems it an acceptable reason. Program can be put on pause and completed at a later date as well.
- Personal Training - refer to individual package contracts.
- Refunds - there are no refunds on PIF packages but they can be put on pause and completed at a later date. No refunds for 6 and 9 month packages - if they are cancelled prior to the contract end date you will be required to pay each month completed as if it was non-contract program.

DISCLAIMER

Lifestyle, wellness, nutritional, supplement, and training recommendations made by Relentless Spirit Fitness & Nutrition and our contractors, agents, and representatives are recommendations and are not intended as diagnoses, or prescriptions.

Recommendations made by Relentless Spirit Fitness & Nutrition are not a guaranteed treatment for any disease or ailment. You can consult your physician before starting a new diet or activity regimen. The contents of this document should not be taken as medical advice. This email isn't meant to replace the advice of a physician. All documents included or exchanged between Relentless Spirit Fitness & Nutrition, contractors, agents, representatives, and the client are the intellectual property of Relentless Spirit Fitness & Nutrition. Never disregard medical advice or delay seeking it because of information given by Relentless Spirit Fitness & Nutrition. Baltazar Villanueva is not a licensed dietician or physician in the United States of America, and his advice should not be followed as such a licensed professional.

A copy of your contract and liability waiver is found in our shared Google Drive folder



RELIENTLESS SPIRIT

F i t n e s s & N u t r i t i o n

CLIENT

REVIEW



Baltazar is the perfect combination of compassionate and motivating. We have been working together for a couple months and I feel I finally have control of my fitness goals. He perfectly tailors a health plan according your needs and wants. With manageable goals and constant support, I have never felt more confident in myself. His teaching style is so unique and you don't feel discouraged by setbacks but rather feel renewed energy to overcome obstacles. If you're serious about your goals and been looking for someone with a refreshing take on coaching, look no further. You won't be disappointed!

Jessica Urdinola

Current Member



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