



## » RPG TRAINING SYSTEMS



# HYPERSTRONG

### Overview

Hyperstrong is a 12-week program for males to increase muscle size and total strength. This 12-week program is broken into 3 specific phases, designed to move from foundational strength building to maximum strength. This program is will require additional training to be taken on to maximize outcomes as well as other lifestyle improvements.

### Timing

Guided sessions will run 2 day per week with 1-2 x week self-guided training day for maximum results.

Monday and Wednesdays from 8:15-9:30 pm

### Pricing

Weekend Warrior provides clients with:

- 2 x Week Guided training sessions
- 1-2 x Week Custom Strength Program
- Weekly Meal Plan
- Work Booklet for Goals, Tracking, etc
- Discounted Personal Training Rates
- Unlimited email access

**Only \$26/session\***

\*Non-Members Price \$35/session

By Appointment Only

📞 **416-898-1275**

