



306
ONLINE COACH

BASIC ONLINE COACHING

"306" is designed for Intermediate bodybuilder and Fitness Athlete

GARY STRYDOM IFBB PRO

12 WEEK PROGRAM
DETAILS AND PRICING

FACEBOOK DISCOUNT
AVAILABLE

PROGRAM DETAILS AND LIST

PROGRAM	DETAIL	PRICE
OVERVIEW	Gary reviews your brief bio and photos so that he can accurately analyze what's best for your structure to custom design your program and guide you towards your bodybuilding/fitness goals. Sometimes people don't want to hear this but its frank and to the point. It will require lots of thought and process on his part so this may be the most important phase of your coaching making it compulsory to enjoy the rest of his guidance and support	\$50 (DISCOUNT OUT)
DIET	Gary gives you his personal pre-content and off season diet suggestions which brings you over 30 years of experience in professional bodybuilding that still works for him today. He guides by using the "dry muscle" approach which is lost in today's mass monsters but is slowly making its comeback to the industry. Diet has to be spot on (weight loss or weight gain?) along with masterful water manipulation, supplementation	\$50
DIET TRAINING	Gary's gives you his controversial "Smash muscle" off season "Muscledom" or pre-contest training splits with reps, sets and movements. He will also show you how to use heavy weight training, short high intensity workouts, volume training and his famous "working the clock approach" to induce maximum lean body weight. Gary's psychological approach to workouts and mental focus will set you apart from the rest of the guys in the gym. "Everything starts in your mind".	\$75
SPORT MEDICINE	Sports medicine is slowly giving those that are versed about scientific medicine an edge. Gary entertains a basic cycle. Blood work given will be necessary for him to analyze what fits your body best. You will need to qualify knowledgeable enough to apply this. Not everyone qualifies.	\$100
SUPPORT	12 weeks of online support with Gary Strydom IFBB Pro directly via Skype voice, whatsapp and emails. Gary also personally reviews your training video clips made with your cellphone in your local gym. He reviews your form and intensity with detailed feedback keeping you on track during this 12 week support program.	\$300

** If you would like to purchase any of the above individually, you can.

All packages must be paid in advance with PayPal- connected to info@garystrydomvideos.com (add on 6% processing fee) or Western Union in US Dollars. Please go to the currency conversion site <http://www.xe.com/currencyconverter/> The prices are very reasonable factoring in the fact that you are giving a \$50 valued overview for free to offset Western Union / PayPal processing fees. Once payment is received, please set up by email gary@garystrydom.com a call via Skype to gary_strydom. This will be Gary you talking to you.

Gary's mission: "To teach and help others"

Finally, online coaching with Gary Strydom is now available. He knows what it takes to lose weight, gain muscle, and get in the best shape possible. He has reinvented himself unlike most old school athletes in the sport of professional bodybuilding...Gary Strydom promotes health and fitness by combining weight training/intense nutrition to combat aging and maintain his lines/old school conditioning. Bodybuilding has taken a down turn in recent years with athletes bulking excessively seemingly ignoring lines and conditioning. He now wants to share his secrets to others with exclusive one on one training online or in person in Thailand. So whether you are looking to lose 10 pounds or place in the top of your bodybuilding class, Gary Strydom knows and has proven ways to totally transform bodies. Gary claims he can make a great bodybuilder out of anyone that has 3D's Discipline, Determination, Dedication and access to all the Strydom "secrets" and tricks etc.

1984 USA Champion 1st
1986 NPC Champion 1st
1986 Night of Champion 1st
1988 Mr. Olympia 5th
1989 Arnold Schwarzenegger Classic 3rd
1989 Australian Grand Prix 1st
1989 French Grand Prix 1st
1989 Swedish Grand Prix 1st
1989 Spanish Grand Prix 1st
1991 WBF Champion 1st
1992 WBF Champion 1st



Currently Gary Strydom lives and trains in Thailand. Previously he trained with all the stars in Golds Gym Venice, California "The Mecca" 1985 to 2013... 28 years. Gary believes that most people are either misinformed or misled as to what exactly needs to be done to achieve their fitness goals. His mission is to empower and inform each person he has contact with so that they can become educated as to what exactly has to be done to reach success. Since the release of a bodybuilding magazine in his home country of south Africa recently that featured Gary and because of the feedback he has realized that he had to make available his services to provide his in-depth, knowledgeable training and fitness information to people all around the world, not just for bodybuilders but for fitness athletes and everyone that wants to look their best. No matter where you are located with the creation of the Internet, free time and all the accommodation facilities and gyms this is now available with Gary Strydom in Thailand.