



ADVANCE “**BOSS**” ONLINE COACHING WITH GARY STRYDOM IFBB PRO

“Boss” coaching is for a bodybuilder, fitness athlete and everyone else that wants to look their very best.

**16 WEEK PROGRAM
DETAILS AND PRICING**

**FACEBOOK DISCOUNT
AVAILABLE**

www.garystrydom.com | gary@garystrydom.com | facebook.com/champwbf

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 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 maybe the most important phase of your coaching making it compulsory to enjoy the rest of his guidance and support.	\$50 (DISCOUNT OUT)
DIET/PHASE I 8 WEEKS	Gary gives you an off- season diet and meal plans which are designed to maximize your nutrition intake, supplements and vitamins. He will share with you how to food group and personal recipes that can build lean muscle mass in the off season and enjoy the food you eat. General nutritional support and adjustment are made as you progress. Calories, Fats, Carbs, Fiber and Protein sensitive.	\$150
DIET/PHASE II 8 WEEKS	Gary gives you his personal pre-contest diet which brings you 30 years of experience in professional bodybuilding that still works for him today. Carb depletion and loading. Sodium loading and flushing. He guides you by using the "dry muscle" approach which is lost in today's mass monster craze. The "eat to win" diet has to be spot on along with masterful water manipulation. Also given is the tricky usage of water to fill muscles and burn body fat.	\$250
TRAINING/PHASE I	Gary gives you his controversial off season training split with reps, sets and movements. He will also show you how to use "MUSCLEDOM" heavy weight training and short high intensity workouts "SMASH" to induce muscle density and mass. Layers training are incorporated to bring up lagging body parts. He uses videos from your cell phone placed in the drop box where he reviews your form and intensity respectively. This also addresses mental approach to training and concentration that will set you apart from the rest of the guys in the gym. "Everything starts in your mind."	\$250
TRAINING/PHASE II	Gary's pre-contest training split with reps, sets and specific movement ideas. He will also teach you his "trick count", "volume training" and "working the clock" psychology to maximize ripped dense conditioning to acquire the "grainy" old school physique. Your training tempo, form and intensity must be placed on video and sent to Gary for his review. Skype video calls are used to make adjustments for contest prep.	\$250
CYCLE I	Cycle- "Sports medicine". The "black book" is the real secret most professional bodybuilders never want to disclose. Gary entertains a cycle that he thinks would best fit your body type and desired goals. This payment gives you sports medicine advice throughout all phases of training making sure you at less have the knowledge use the right product combinations to achieve your ultimate goals. I believe with someone following this step by step exactly, any athlete can become a great bodybuilder. Genetic flaws can be overcome with hard work and pin point "super vitamin" usage putting you ahead of anyone. This guidance obviously depends on what's available in your area but Gary will lay out what he thinks would be the best case scenario.	\$500
CYCLE II	Super advanced "Cycle II" entertains everything in "Cycle I" plus how to use the newest technical peptide therapies including IGF-LR3, GHRP-6, CJC1295, GDF-8 (Myostatin) and Follistatin. Gary can also authenticate your product by photos or videos informing you if or not he thinks your products are real or not. Insulin usage is not advice but can be implemented by request.	\$1,000

*You can mix and match whatever you want. Any coaching purchased over \$1,000 gives you a 16 week online support directly with Gary Strydom IFBB Pro via Skype voice, Whatsapp and emails answering your questions about EVERYTHING you can think of. Gary also personally reviews your training video clips made with your cell phone in your local gym. He reviews your form and intensity with detailed feedback keeping you on track. This 16 week support program can be used right up to your contest until you walk on stage to WIN.

** Gary can be your online coach for a full year for \$3,600 paid in sections (if the year is purchased and paid in full on the same day you sign up we discount a further \$600 meaning one year paid in full is \$3,000). In addition to this low price, you automatically are listed on "Gary's Athlete" list which entitles you advantages, one which is a free STRYDOM ACADEMY program. Just click on the Academy link on the menu bar at the top of the website www.garystrydom.com and review the programs listed. If you have any question related to pricing, please email Gary himself at gary@garystrydom.com. There is a payment plan available for the yearly plan, please ask for details.

***The Strydom Academy is one on one and group coaching with Gary in person, with health and longevity services for those that want professional high – tech training, nutrition and lifestyles to raise their game. If you interested in this please contact us at academy@garystrydom.com Gary's mission: "To teach and help others"

From time to time Gary features discounted packages. If you have any questions related to pricing, please email Gary at gary@garystrydom.com.

All packages must be paid in advance with PayPal (add on 6% processing fee) or Western Union in US Dollars. Please go to the currency conversion site <http://www.xe.com/currencyconverter/> Please understand that the prices are very reasonable factoring in the fact that you are given a \$50 valued overview for free to offset Western Union / PayPal processing fees. Once payment is received, please set up a time for an introduction on Skype voice.

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

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".

Gary Strydom has an impressive resume in bodybuilding:

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



No matter where you located the Online Boss/306 Coaching and the Strydom Academy makes Gary accessible and ready to be your coach one on one.