



GOLDEN BUILT FITNESS TRAINING

BUILD THE BODY. BUILD THE PERSON.

Training • Education • Strategy • Accountability

SOUTH EAST LOS ANGELES

goldenbuiltfitnesstrainingllc.com • @goldenbuiltft

GOLDEN BUILT MUSCLE SYSTEM



GOLDEN BUILT
FITNESS TRAINING

CUSTOMIZED. PROVEN. BUILT FOR YOU.

CUSTOM PLAN

ONE PLAN. ALL ABOUT YOU.

 PLANS	PRICE
1 PLAN	\$90
2 PLANS	\$160 (\$80 EACH)
3 PLANS	\$210 (\$70 EACH)
4+ PLANS	\$65 EACH VOLUME DISCOUNT



Perfect for coaches, teams, families,
or friends who want personalized
programs.



THE GOLDEN PACKAGE

THE ULTIMATE EXPERIENCE.

 PLANS	 PRICE	★ BEST VALUE
1 PLAN	\$149	—
2 PLANS	\$259	(\$129.50 EACH)
3 PLANS	\$339	MOST POPULAR (\$113 EACH)
4+ PLANS	\$99 EACH	BEST VALUE (SAVE MORE TOGETHER)

MORE VALUE. MORE SUPPORT. BETTER RESULTS.

INCLUDES:



CUSTOM PROGRAM

Tailored to your goals,
body & lifestyle.



INSIDER KNOWLEDGE

Proven strategies
that get real results.



TOOLS & RESOURCES

Everything you need to
succeed.



EXCLUSIVE SHIRT

Rep the Golden
Built mindset.



3 MONTHS COACHING (NASM Certified)

Support. Accountability.
Results.



CHECK OUT OUR WEBSITE: [GOLDENBUILTFITNESSTRainingLLC.COM](https://goldenbuiltfitnesstrainingllc.com)

TABLE OF CONTENTS

Your guide to the Golden Built system

01	WELCOME + PHILOSOPHY	4-6
	Mission, approach, philosophy, and the Golden Built path	
02	PROGRAMS + COACHING	7-11
	Custom programs, Masterclass, personal training, and real-time coaching	
03	TRAINING + RECOVERY	12-19
	Expectations, recovery, progression, Training 101, and success tools	
04	NUTRITION + RESOURCES	20-22
	Nutrition awareness, recovery habits, and the Golden Built resource system	
05	CLIENT TRANSFORMATIONS	23-27
	Real client results and documented progress	
06	YOUR NEXT STEP	28
	Scan, connect, and choose your level of support	

BUILD THE BODY. BUILD THE PERSON.

Training - Education - Strategy - Accountability

GOLDEN BUILT FITNESS TRAINING

WEIGHT TRAINING MASTERCLASS

FOUNDATIONS TODAY. RESULTS FOR LIFE.

A hands-on masterclass that gives you the knowledge, tools and confidence to train smarter and transform your body for life.



LEARN RIGHT FROM THE START

Build a strong foundation with proper technique.



TRAIN SMARTER, GET BETTER RESULTS

Understand principles that make every workout count.



SAVE TIME & MONEY

Avoid costly mistakes and wasted gym time.



INVEST IN YOURSELF

Knowledge today, transformation forever.



SATURDAYS (BOOK NOW)

LIMITED SPOTS

INDIVIDUAL RATE

\$200

ONE-TIME INVESTMENT.
LIFETIME BENEFITS.

BRING A TRAINING PARTNER

+\$100

PER PARTNER
LEARN TOGETHER.
GROW TOGETHER.
HOLD EACH OTHER ACCOUNTABLE.

YOU'LL LEARN:

- ✓ Proper training technique
- ✓ Weight training principles
- ✓ How to use fitness tools & equipment
- ✓ Save time & money on PT services



3 MONTHS OF 1-ON-1 COACHING CALLS

Ask questions, send form checks, get guidance and stay on track as you continue your fitness journey.

WHAT'S INCLUDED:



CUSTOM
TRAINING
PROGRAM



INSIDER
INFO



EXCLUSIVE TOOLS,
RESOURCES &
SHIRT



3 MONTHS OF
COACHING CALLS



NASM CPT
GUIDANCE &
SUPPORT



BONUS
DISCOUNTS



AN INVESTMENT IN YOU
PAYS THE HIGHEST RETURN.
KNOWLEDGE TODAY. RESULTS FOREVER.

SPACES LIMITED – SECURE YOUR SPOT TODAY!
BOOK NOW & START YOUR TRANSFORMATION.
GOLDENBUILTFITNESSTRainingLLC.COM

GOLDEN BUILT
FITNESS TRAINING
BUILT DIFFERENT.
BUILT TO LAST.



WELCOME TO GOLDEN BUILT

YOUR FITNESS BLUEPRINT

Golden Built Fitness Training is built around a simple idea: **fitness should give you more than workouts.** It should give you knowledge, confidence, structure, and a system you can continue using long after a session ends.

THE MISSION

Help people build strength, confidence, discipline, and self-mastery through practical fitness education and personalized training.

THE APPROACH

Meet you where you are. Build a realistic plan. Teach you why it works. Help you execute. Adjust as you grow.

NASM Certified Personal Trainer

Strength • Muscle Gain • General Fitness • Athletic Performance • Mobility • Core & Balance • Beginner Confidence • Training Education

“Just give me the blueprint.”

We will help you understand the blueprint - and when you want more support, help you execute it.

THE GOLDEN BUILT PHILOSOPHY

MORE THAN A WORKOUT

One of the most meaningful client stories behind Golden Built began with a teenager who wanted to make his high-school football team. He started with low confidence and limited activity. Training focused on mobility, core strength, conditioning, sports performance, and consistent practice. He eventually earned a place on the team and became a starter.

The point was bigger than football: **training gave him evidence that he could improve.** That is the kind of transformation Golden Built aims to create - progress in the gym that carries into the rest of life.

WHO WE WORK WELL WITH

Beginners • Underdogs • Student-athletes • People returning to fitness • Clients seeking fat loss or muscle gain • Gym-goers who want structure • Performance-minded clients • Anyone ready to learn and put in the work

Training philosophy: Consistency. Intensity. Discipline. Strategic planning. Progress is built through repeatable actions, not perfection.

CHOOSE YOUR LEVEL OF SUPPORT

1

CUSTOM PROGRAM

"Just give me the blueprint."

A personalized plan you can execute independently.

2

WEIGHT TRAINING MASTERCLASS

"Learn it. Practice it. Take it with you."

Hands-on education for technique, tools, and gym confidence.

3

1-ON-1 PERSONAL TRAINING

"Give me the blueprint - and help me execute."

Real-time coaching, accountability, progression, and problem-solving.

LEVEL 1 • THE BLUEPRINT

CUSTOM TRAINING PROGRAM

Best for clients who want a clear, personalized training layout without ongoing sessions. Programs can be built around your goals, schedule, equipment, and preferred training environment - home, gym, or park.

PLANS	PRICE	VALUE
1 Plan	\$90	One personalized plan
2 Plans	\$160	\$80 each
3 Plans	\$210	\$70 each
4+ Plans	\$65 each	Volume discount

- Goal-based exercise selection and training structure
- Sets, repetitions, progression direction, and training organization
- Designed around the equipment and environment available to you
- A practical option for people who want direction without paying for ongoing sessions

JUST GIVE ME THE BLUEPRINT.

LEVEL 2 • HANDS-ON EDUCATION

WEIGHT TRAINING MASTERCLASS

INDIVIDUAL	TRAINING PARTNER
\$200	+\$100 / partner

The Masterclass bridges the gap between **having information** and **knowing how to apply it**. It is designed for people who want to understand technique, equipment, and the training environment so they can become more independent.

- Learn and practice proper weight-training technique
- Understand core weight-training principles
- Learn how to use common fitness tools and equipment
- Build confidence in a gym or training setting
- Learn how to train smarter and avoid wasting time

Included: Custom training program • Insider information • Exclusive tools & resources • Golden Built shirt • 3 months of 1-on-1 coaching calls • NASM CPT guidance and support.

LEARN IT. PRACTICE IT. TAKE IT WITH YOU.

LEVEL 3 • EXECUTION + ACCOUNTABILITY

1-ON-1 PERSONAL TRAINING

The most hands-on option. A written plan tells you what to do; 1-on-1 training helps you execute it in real time with direct technique feedback, accountability, exercise modifications, progression support, and problem-solving.

SESSIONS	INDIVIDUAL	1+ BUDDY
6	\$270 • \$45/session No Contract • \$90 DP	\$504 • \$42/person/session No Contract • \$180 DP
12	\$480 • \$40/session No Contract • \$120 DP	\$888 • \$37/person/session No Contract • \$200 DP
24	\$888 • \$37/session Contract • \$88 DP	\$1,632 • \$34/person/session Contract • \$132 DP
36	\$1,260 • \$35/session Contract • \$60 DP	\$2,304 • \$32/person/session Contract • \$104 DP
72	\$2,016 • \$28/session Contract • No DP	\$3,600 • \$25/person/session Contract • No DP

DPs are subtracted from totals. No refunds. Referral discounts may apply.

JUST GIVE ME THE BLUEPRINT - AND HELP ME EXECUTE.

WHAT 1-ON-1 ADDS

TECHNIQUE

Correct movement issues while you are actually performing the exercise.

PROGRESSION

Adjust exercises, loads, repetitions, rest, and difficulty as you improve.

ACCOUNTABILITY

Scheduled sessions create structure and make it harder to drift away from the plan.

PROBLEM-SOLVING

Work through schedule, equipment, confidence, training-environment, and execution issues.

Session format: Full-hour sessions with coaching tailored to the day's training objective. Warm-up, movement preparation, technique, workload, and recovery guidance are adapted to the client and session.

Training environments: Private / agreed training setting, home, park, or other approved location depending on the service arrangement. Travel fees and service radius may apply.

CLIENT EXPECTATIONS

HOW WE TRAIN

- Arrive ready to train and communicate barriers early.
- Give focused effort during the session and ask questions when something is unclear.
- Use controlled technique and appropriate loads; quality comes before ego.
- Wear closed-toe athletic footwear and clothing that allows safe movement.
- Bring water and any personal equipment you regularly use.
- Communicate cancellations or rescheduling needs at least 48 hours in advance when possible.
- Follow the rules of the training facility and respect shared equipment and space.

SAFETY FIRST

Exercise should be challenging, not reckless. Stop if you experience concerning symptoms or pain that feels abnormal. Medical concerns, injuries, medications, pregnancy/postpartum needs, or chronic conditions may require clearance or referral to an appropriate healthcare professional.

GROCERY GUIDE 1 OF 3



Examples only - compare labels, portions, preferences, budget, and your individual needs.

RECOVER. ADAPT. PROGRESS.

Training is the stimulus. Recovery and repeated exposure help turn the work into progress.

SLEEP: WHERE RECOVERY GETS BUILT

Sleep supports recovery, learning, mood, reaction time, training readiness, and the body's normal repair processes. Hard training without enough recovery can make it harder to perform consistently.

A practical goal for most adults is to protect a regular sleep schedule and aim for enough sleep to wake reasonably recovered. Training, nutrition, hydration, stress management, and sleep work together.

GOLDEN RULE: Do not treat sleep as time away from your program. Treat it as part of the program.

HOW STRENGTH PROGRESSION WORKS

Strength does not increase in a perfectly straight line. Early improvements can come from learning technique, coordination, confidence, and becoming more efficient at the movement. With continued training, muscular adaptations also contribute.

Progressive overload means gradually asking the body to do more over time. Depending on the exercise and goal, that can mean better technique, more repetitions, more weight, more total quality work, improved range of motion, or better control.

Increase difficulty only when the current workload can be performed with appropriate technique. Some weeks will move faster than others, and temporary plateaus are normal.

THINK: Technique -> consistency -> repeatable reps -> gradual overload -> recovery -> repeat.

THE 21-DAY IDEA - USE IT AS A CHECKPOINT, NOT A RULE

Use the first 21 days (three weeks) as a practical onboarding checkpoint for becoming familiar with a new routine. It is a useful consistency milestone, but the body does not fully adapt to every training program on day 21.

b

relatively quickly, while meaningful changes in strength, muscle, conditioning, and body composition generally require continued training over many weeks and months.

Golden Built programs can still use the first 21 days as an onboarding phase: learn the movements, establish the schedule, record baseline performance, and begin building consistency. Then continue progressing the program beyond that point.

21 DAYS = BUILD THE ROUTINE. 12 WEEKS = A STRONGER WINDOW FOR EVALUATING A TRAINING BLOCK.

GROCERY GUIDE 2 OF 3



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Examples only - compare labels, portions, preferences, budget, and your individual needs.

GROCERY GUIDE 3 OF 3



FITNESS TRAINING LLC

Examples only - compare labels, portions, preferences, budget, and your individual needs.

EDUCATION YOU CAN USE

TRAINING 101

REPETITION One complete performance of an exercise movement.

SET A group of repetitions performed before a rest period.

FREQUENCY How often you train a movement, muscle group, or fitness quality.

PROGRESSIVE OVERLOAD Gradually increasing training demand over time - for example through load, repetitions, range of motion, control, or total work.

HYPERTROPHY An increase in muscle size developed through resistance training, adequate recovery, and nutrition.

RECOVERY The sleep, nutrition, hydration, and lower-stress time that allow your body to adapt to training.

Golden Built emphasizes progressive training that matches your current ability. Results vary by training history, genetics, sleep, nutrition, consistency, stress, and many other factors.

GOLDEN BUILT SUCCESS TOOLS

Practical ways to make consistency easier in real life.

1 USE MUSIC WITH PURPOSE

Build a playlist, podcast queue, or motivational audio rotation that helps you switch into training mode.

2 CREATE A PRE-TRAINING RITUAL

Use a repeatable cue: change clothes, fill your water bottle, have a familiar snack or coffee when appropriate, then go.

3 FIND A TRAINING PARTNER

The right partner can add accountability, encouragement, healthy competition, and another reason to show up.

4 PUT TRAINING ON THE CALENDAR

Treat workouts like appointments. Consistency gets easier when training has a predictable place in your week.

5 PREP THE NIGHT BEFORE

Set out clothes, shoes, headphones, water bottle, straps, or anything else that removes friction the next day.

6 TRACK SMALL WINS

Record workouts, weights, reps, attendance, measurements, or another metric that lets you see progress accumulating.

7 BUILD YOUR ENVIRONMENT

Choose a gym, park, home setup, people, and schedule that make the behavior you want easier to repeat.

8 EXPECT LOW-MOTIVATION DAYS

You do not need to feel inspired every session. On difficult days, focus on starting and completing the next useful action.

TRUST THE PROCESS | ONE DAY OR DAY ONE

WORDS I TRAIN BY

Mindset matters because consistency is built one decision at a time.

"ONE DAY OR DAY 1."

- Dwayne 'The Rock' Johnson

**"SUCCESS IS THE SUM OF
SMALL EFFORTS, REPEATED DAILY."**

- Robert Collier

A philosophy that fits the Arnold-style approach: build through repeated work.

Golden Built takeaway: big transformations are usually the visible result of small actions repeated long enough to compound - another workout, another good decision, another day of showing up.

FOUNDATIONS TODAY. RESULTS FOR LIFE.

NUTRITION AWARENESS

Golden Built provides general fitness nutrition education to help clients make more informed choices. We do **not** provide individualized medical nutrition therapy or customized meal plans.

BUILD A BALANCED PLATE

Use a mix of protein-rich foods, fruits and vegetables, carbohydrate sources, and dietary fats that fit your preferences and goals.

TRACK TO LEARN

Food tracking can increase awareness of calories, protein, portions, meal patterns, and consistency. Use it as a tool - not a punishment.

HYDRATE

Fluid needs vary. Build a consistent hydration routine and adjust for heat, activity, and individual needs.

FLEXIBILITY > PERFECTION

A sustainable approach leaves room for favorite foods. Consistency over time matters more than one meal or one day.

Golden Built resources: MyFitnessPal Instructions + tutorial, Food & Progress Tracker, and nutrition education resources are available to help clients build awareness and consistency.

RECOVERY IS PART OF TRAINING

Progress happens through the combination of **training stress + recovery + adaptation**. More is not always better. The goal is to train hard enough to create a reason to adapt, then recover well enough to do it again.

- Protect your sleep routine and give yourself enough time to recover.
- Use warm-ups to prepare for the specific movements and intensity of the session.
- Use cooldowns or light movement when they help you transition out of training.
- Schedule easier days when fatigue, soreness, or life stress is accumulating.
- Pay attention to recurring pain, major performance drops, and unusual fatigue.
- Recalibrate your plan when your schedule, goals, equipment, or environment changes.

FITNESS SHOULD SUPPORT YOUR LIFE - NOT CONSUME IT.

MORE VALUE BEYOND THE SESSION

THE GOLDEN BUILT RESOURCE SYSTEM

Clients are encouraged to use the educational tools inside the Golden Built ecosystem to learn, track, and make better decisions independently.

- Training Manual and exercise-selection resources
- MyFitnessPal Instructions + tutorial
- Food & Progress Tracker
- 90-Day Success Calendar System
- Performance nutrition education
- Natural pre-workout / performance education resource
- Custom training plans and progression guidance
- Consultation and coaching support based on your service level

THE GOAL

You should leave Golden Built with more than completed workouts. You should understand your training better, know how to use the tools around you, and feel more capable of managing your own fitness journey.

BUILT RESULTS

Real clients. Documented progress. Different goals, one consistent process.

REAL PROGRESS. REAL RESULTS.

Before & after visuals | measurable metrics | program completion

Individual results vary. Client materials shown as documented in Golden Built program records.

TRANSFORMATION



6 MONTH TRANSFORMATION

+2 STRENGTH TRAINING CYCLES



CONSISTENCY. STRUCTURE. RESULTS.



STRENGTH GAINS



DEADLIFT **+120**
LBS+

START

35 LBS

END

155 LBS



SQUAT **+70**
LBS+

START

15 LBS

END

95 LBS



BENCH PRESS **+60**
LBS+

START

35 LBS

END

95 LBS



SHOULDER PRESS **+40**
LBS+

START

45 LBS

END

85 LBS

NO SHORTCUTS. NO EXCUSES.
JUST RESULTS.



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4 MONTH TRANSFORMATION

CONSISTENCY. STRUCTURE. RESULTS.

BEFORE



AFTER



**4 MONTHS OF HARD WORK.
REAL RESULTS.**

STRENGTH GAINS



**DEADLIFT +55
LBS+**



**SQUAT +65
LBS+**



**BENCH +50
LBS+**



**SHOULDER
PRESS +50
LBS+**

**NO SHORTCUTS. NO EXCUSES.
JUST RESULTS.**



**START YOUR TRANSFORMATION TODAY
GOLDENBUILTFITNESSTRAININGLLC.COM**

EST.



GOLDEN BUILT
FITNESS TRAINING LLC

3 MONTH TRANSFORMATION

+1 STRENGTH TRAINING CYCLE

CONSISTENCY. STRUCTURE. RESULTS.

BEFORE

AFTER

**REAL PROGRESS.
REAL RESULTS.**



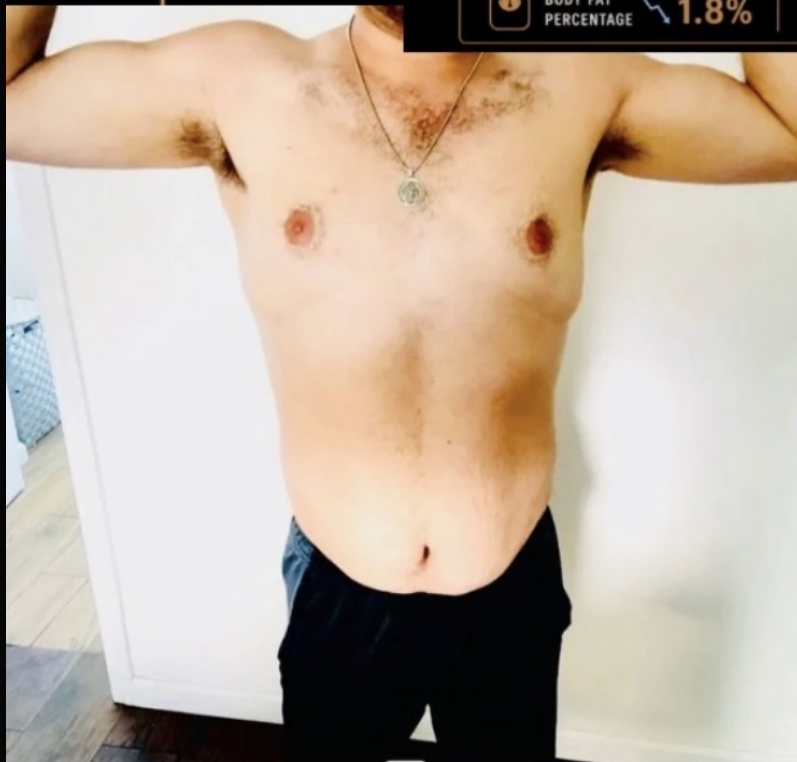
BODY FAT
PERCENTAGE

1.8%



WAIST TO
HIP RATIO

.02



STRENGTH GAINS



DEADLIFT

+60
LBS+

START

95 LBS

END

155 LBS



SQUAT

+55
LBS+

START

80 LBS

END

135 LBS



BENCH
PRESS

+50
LBS+

START

85 LBS

END

135 LBS



SHOULDER
PRESS

+25
LBS+

START

80 LBS

END

105 LBS



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3 MONTH WEIGHT LOSS PROGRAM



TRANSFORM YOUR BODY. TRANSFORM YOUR LIFE.

**REAL PROGRESS.
REAL RESULTS.**

CONSISTENCY. STRUCTURE. RESULTS.

BEFORE

AFTER

3 MONTHS OF TRAINING



**CONSISTENCY. DISCIPLINE. RESULTS.
YOU VS. YOU.**

EST



2024

GOLDEN BUILT

FITNESS TRAINING LLC



WEIGHT LOSS

DOWN IN POUNDS,
UP IN CONFIDENCE.



BETTER BODY COMPOSITION

MORE LEAN MUSCLE,
LESS BODY FAT.



LOWER HIP TO WAIST RATIO

A STRONGER, MORE
BALANCED PHYSIQUE.



MORE ENERGY BETTER HEALTH

FEEL BETTER.
LIVE BETTER.



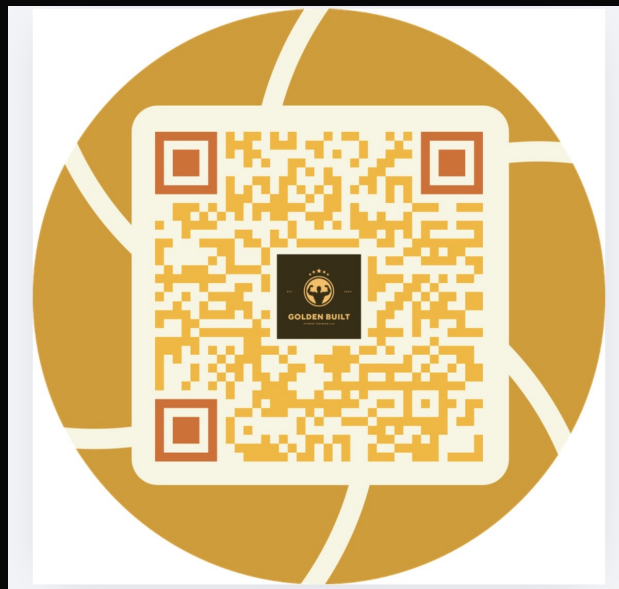
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YOUR NEXT CHAPTER STARTS HERE.

BUILD THE BODY. BUILD THE PERSON.



SCAN TO GET STARTED

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