



The “REAL LIFE” Remote Wellness Club

Hey everyone,

Ready to get consistent with your health without the overwhelm?

I’m excited to open my **DIY Monthly Remote Wellness Club** - built for busy people who want flexible, effective training on their own schedule.



7-DAY
free trial here

Body weight or gym equipment here

TWO SIMPLE OPTIONS



DIY PLAN
\$20.99/month

Full access to on-demand workouts, custom nutrition tools, activity tracking, and the My PT Hub app.



DIY + COMMUNITY PLAN
\$35/month

Everything in DIY + trainer messaging, habit coaching, group support, and live sessions.

MALE DIY



FEMALES DIY



FEMALE DIWIC



MALE



WHAT YOU GET:

- ✓ 24/7 on-demand workouts (equipment-free or gym-based)
- ✓ Smart device integration (Fitbit, Apple Watch, etc.)
- ✓ Custom nutrition logging and meal planning
- ✓ Progress tracking + measurements
- ✓ Exclusive discounts on workshops, challenges, and partner services (10–40% off)
- ✓ “Play/Move-2-Earn” resources to make movement fun and rewarding



BONUS FOR NEW MEMBERS THIS MONTH:

Free 30-minute Strategy & Goal-Setting Call with me (valued at \$75)



GUARANTEE:

Commit for 30 days. Show up, follow the plan, and if you don’t feel more energized, stronger, or confident - I’ll refund your first month or extend your membership at no cost.

READY TO START?

1 Create your account here:

[Click Here](#)

2 Download the app (Apple or Android)



3 Schedule a comp call

[Click Here](#)

4 Sign up here

[Click Here](#)



All tools and workouts are inside the app -no waiting.



All sales are final and non-refundable.



Let’s make this your healthiest year yet!

Questions? Just reply.



Lamar Brown
ACSM-CPT |
BP Pro Fitness