

MOTIVATION!

EARLY SCHEDULES!

EXPENSIVE!

RUDE COACH!

PROBLEMS

1



WHY?

AND WHY NOT TO TRY?

- HAVE MUSCLES
- LOOSE WEIGHT
- WORROUT
- FOR YOUR HEART
- PERSONAL GOAL

2

FOR WHO?

EVERYONE

WHO WANTS

TO PUSH

HIM/HER SELF

BOYS/GIRLS/OTHER

TO EXTREME

3



CROSSFIT APP
REACH GOALS!

R

CROSSFITER'S OPINION
INTERACTION
NICE COACH
PROGRESSION
MOTIVATION

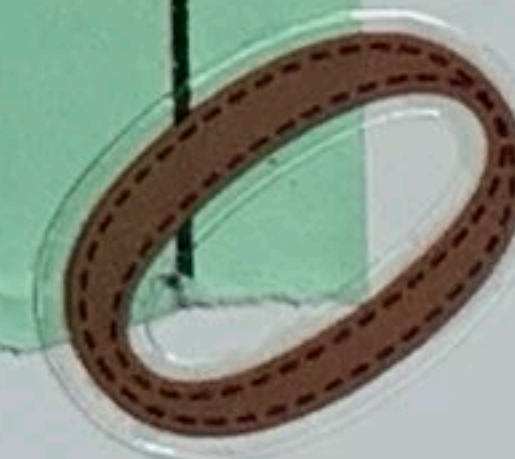
!COME AS YOU ARE!



HOW TO MO-TI-VATE!



WE DON'T WANT!



BE POSITIVE
BE HERE
BE CONFIDENT
BE MOTIVATE
BE STRONG

SHOW VIDEOS? YES!

1ST SESSION OFFERED? OTC

SHOW PROGRESSION OF OTHERS!
TRACK PROGRESS! OH YES!

HAVE AN APP! SURE

YES



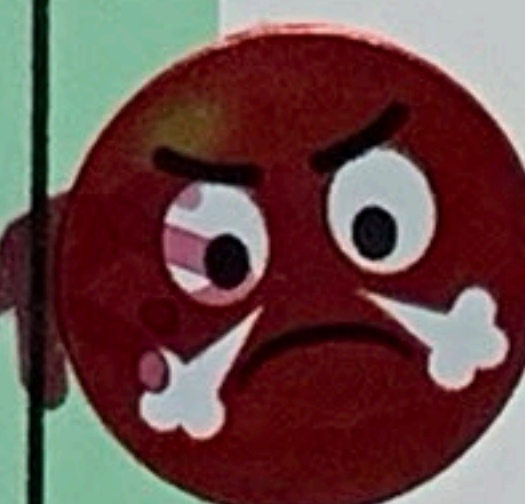
DISCOURAGEMENT!

NO EXPENSIVE → ACCESSIBLE

PERSON COMES FOR OTHERS!

EARLY SCHEDULES

NO



&
YOU WILL SEE
YOUR HEALTH
YOUR BODY
YOUR MIND

CHANGED...!
BUT ONLY YOU CAN DO IT!