

THE SECRET IS OUT!



REAL RESULTS ARE ACHIEVED
WITH UNCONVENTIONAL TRAINING
NO MORE WASTING
YOUR TIME WITH
REGULAR WORKOUTS!

ARE YOU
TIRED OF THE
SAME OLD
WORKOUTS?

BORED AT
THE GYM?

WANT TO
FINALLY SEE
A CHANGE?

NOW YOU
WILL FIND
OUT, HOW TO
OBTAIN...

**REAL
RESULTS!**



IT'S ALL ABOUT UNCONVENTIONAL TRAINING !

WE ARE PROGRAMMED TO THINK FITNESS MUST TAKE PLACE IN THE GYM. YOU GET ON A MACHINE OR PUMP SOME IRON AND ... POOF MAGIC HAPPENS AND YOU GET RESULTS.

THIS IS FAR FROM REALITY. THE SECRET TO THE RESULTS THAT MANY FITNESS CELEBRITIES AND ATHLETES OBTAIN, IS THAT THEY TRAIN UNCONVENTIONALLY. SO, WHAT IS UNCONVENTIONAL TRAINING? UNCONVENTIONAL TRAINING IS BASICALLY MOVING YOUR BODY WHILE USING ANYTHING / EVERYTHING TO CREATE COMPOUND MOVEMENT. I KNOW THIS SOUNDS CONFUSING, BUT HANG IN THERE WITH ME!

LET'S SAY YOU HAVE BEEN GOING TO THE GYM FOR A WHILE AND YOU THINK YOU'RE MAKING PROGRESS. NOW WHAT IF I TOLD YOU TO RUN A LAP AROUND THE TRACK AND THEN CLIMB UP A SET OF BLEACHERS AND WHEN YOU GET THERE BEAR CRAWL DOWN.... WHAT ARE YOU INSANE?... IS WHAT YOU MIGHT BE SAYING TO YOURSELF. WHEN AN ACTIVITY LIKE THIS IS COMPLETED, IT TAKES ALL YOUR BODY'S MUSCLE GROUPS TO WORK TOGETHER. THIS IS WHAT WE CALL FUNCTIONAL STRENGTH. IN ORDER TO TRAIN THE BODY TO ACCOMPLISH THIS ACTIVITY, YOU WILL NEED TO TRAIN MUSCLES YOU HAVE NEVER TRAINED BEFORE.

10 #BADASS TIPS TO GET YOUR REAL RESULTS ON!

- 1. PROTEIN MYTH BUSTED! STOP GUZZLING THESE CRAZY SHAKES THAT ARE FILLED WITH CRAP! YES, YOU NEED PROTEIN BUT NOT AS MUCH AS YOU THINK. QUALITY OVER QUANTITY...FACT!**
- 2. STOP THINKING CARBS ARE THE ENEMY! THE RIGHT CARBS = FUEL FOR YOUR BODY**
- 3. HIGH INTENSITY INTERVAL TRAINING... ANY DAY OF THE WEEK VERSUS LOOKING AT YOUR WATCH ON A TREADMILL = BORING!!!**
- 4. CHANGE YOUR MINDSET ON WHERE YOU THINK FITNESS SHOULD TAKE PLACE! (HINT...NOT ALWAYS IN YOUR TRADITIONAL GYM) HOW'S THAT WORKING OUT?**
- 5. WHAT ARE YOU DRINKING? IT SHOULD BE WATER, AT LEAST 3 LITERS... THIRSTY?**
- 6. YOU NEED YOUR GOOD FATS, KEY WORD "GOOD". REGULATE YOUR HORMONES... BUILDING BLOCKS...ETC**

**7. ZZZZZ...ZZZZZZZ...ZZZZ UHMMM YEA, HMMM SLEEP!!!!
REST UP, GROW, BURN, AND SHED THAT WEIGHT!**

**8. SURROUND YOURSELF WITH POSITIVE PEOPLE THAT
MAKE YOU BETTER!!! IT'S CALLED TEAMWORK =
GREATER RESULTS!**

**9. REPETITION...REPETITION...REPETITION. NO MORE...
"BRO LETS DO 3 SETS OF 10, LEGS". YOU NEED WAY MORE
REPS THAN THAT, COME ON!!!**

**10. TWO WORDS "UNCONVENTIONAL TRAINING"
...THIS IS WHEN THE MIC DROPS!**



**FRANKIE SERRANO CERTIFIED FITNESS/NUTRITION COACH
CERTIFIED UNCONVENTIONAL FITNESS EXPERT
CERTIFIED PURSUIT COACH**

**THAT IS THE SECRET:
UNCONVENTIONAL TRAINING → FUNCTIONAL STRENGTH =
REAL RESULTS !**



**IF YOU ARE LOOKING TO GAIN FUNCTIONAL
STRENGTH WHICH YIELDS **REAL RESULTS**, THEN YOU
MUST TRAIN WITH THE UNCONVENTIONAL EXPERTS
AT FRANKIE RESULTS PURSUIT THE BLOCK!**

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