

FINDING THE "RIGHT" TRAINER JUST GOT EASY.

HTG Personal Trainers stay focused on you, so you can stay focused on reaching your goals. Implementing an individualized training program, that evolves from session to session.

Our Trainers are also efficient with your time, utilizing core-strengthening techniques to fire-up your metabolism, and get the best results, fast. Worried about not having the right equipment to get the job done? Don't. Each HTG Trainer comes to you with everything you'll need for your session, such as tension-cables, jump ropes, BOSU® fitness and stability balls and dumb bells. HTG is:

Motivational—Pushing you 110% towards your goals.

Supportive—Offering full support when you need it most, whenever you need it most.

Custom-selected—Unique Trainer Profiles allow our reps to find you the perfect trainer.

Specialized—Our nutritionists are educated in proper dieting techniques, offering services such as, Food Shopping Coaching and cleaning out your fridge.

HTG also supports and offers the BodyBugg® training system, the hot new calorie management program, as featured on TVs "The Biggest Loser" and "The Doctors." As well as, other Apex products including, low calorie, nutritional snack solutions, protein shakes, and vitamin supplements.

TRAINERS

HOME TRAINING GROUP IS A PROFESSIONAL TRAINER REFERRAL AGENCY.

We make sure all Trainers are certified, licensed and insured. We hold proof that all certifications are current and legitimate. Copies of these licenses can be provided to any client upon request.

Schedule your **FREE** consultation with one of our Regional Managers today.

Call **1-800-979-4180**
or visit **HomeTrainingGroup.com**



HomeTrainingGroup™
Personal Trainers. Delivered.™



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STAYING IN JUST BECAME THE BEST WAY TO WORKOUT.

With Home Training Group (HTG), you no longer have to go to the gym to get healthy, because now the gym comes to you. That's right, HTG offers true, personal, one-on-one training in the most convenient place of all—your place. We also offer couples and small group sessions, so you and your partner, or your friends can get in-shape together. HTG can even accommodate larger, corporate group training sessions. Keeping you and your fellow employees healthy all year round.

What's more, all our packages are competitively priced with local gyms and other workout facilities. And in most cases, they're even cheaper. Plus, you'll not only save time by not having to travel to the gym, you'll also save some money on gas.

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WE'LL GET YOU STARTED. AND KEEP YOU GOING.

Home Training Group matches you with the perfect trainer and the right program that's going to work for you, motivate you and finally make your dreams of a healthy life a reality. Heard that before? What if you have a setback? The HTG Trainers believe in positive interventions to keep you on the right track to success. Mixing-it-up and keeping you interested, so you never get bored with the same old routine.

Plus, if you're not satisfied with your current HTG Trainer, we can search our database to locate one that better suits your needs, your personality and your level—at no additional cost. This is about making fitness fun. It's about making that lifestyle change that you never understood how to do. It's about finally making a connection with the right Trainer, that will get you to your goal.

HTG goes the distance to make sure they are referring Trainers that actually love what they are doing, and want to be there for you, every step of the way.

HEALTHY FOOD NOW DELIVERED. TOO!

Being healthy starts with a commitment and dedication from both you and your HTG trainer, but it doesn't end there. It takes a proper diet as well. Which is why, the Home Training Group is proud to introduce to the Tri-state area an affordable and exciting life-style-changing food program, that's delivered right to your door. The food is all natural and flash frozen, which means there's no need for preservatives and additives. The calories are all laid out, so hitting your daily target is simple and easy, and unlike many other popular food programs, these meals are low in sodium and sugar.

What's more, each dish is Chef prepared and there are many selections to choose from, so you'll always have something tasty and healthy to eat for breakfast, lunch and dinner. There are even some low-carb options. Plus, meals are packed in microwavable containers, so enjoying great healthy cuisine and losing unwanted pounds is easier than ever. Best part, the meals are not only delicious, the service is one of the most affordable delivery programs around.

Ready to eat clean and stay on track with a program delivered to your home? Talk to our head food coach, Patrice to get details and pricing.

Please email: patrice@hometraininggroup.com



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