ELITE STRENGTH ACADEMY AND STRONGFIT ARE NOW OFFERING ONLINE STRENGTH COACHING

Are you looking to get make gains in your strength training for powerlifting or Strongman/Woman competitions? **ESA** and **STRONGFIT** are offering the same individualized custom programming designed that has already helped **Haley Randall** become one of the Strongest Women in the World and greatest Deadlifter in Canadian history in just under 3 years of serious training and not to mention **STRONGFIT STRENGTH & FITNESS SYSTEMS** has also helped create **8 World's Strongest Man Titles.**

ESA Coaches and **Haley Randall** are certified **STRONGFIT** coaches and have been using and applying the **STRONGFIT** methods. **STRONGFIT STRENGTH & FITNESS SYSTEMS** is an innovative training system with a Champions pedigree. It was derived from and refined by two 4 times World's Strongest Men, **Magnus Ver Magnússon and Jon Pall Sigmarsson**. **ESA** and **STRONGFIT** have teamed up to not only offer **STRONGFIT STRONGMAN CONDITIONING BOOT CAMPS** at our **ESA** location but also the online custom individualized programming used to improve your powerlifting and Strongman/Woman lifts.

WHAT THE ONLINE STRENGTH COACHING OFFERS

- It's one on one and completely custom.
- Your program is completely individualized and created uniquely for you based on your experience levels and goals.
- One on One access with your coach via email, text and Instagram.
- Weekly workouts designed. We don't believe in writing programs weeks in advance as things change from workout to workout.
- Contact with your coach at the end of every week to discuss the training and see what needs to be adjusted.

www.strongfit.ca

COST - $99 FOR EVERY 4 WEEKS.

CONTACT ESA OR HALEY RANDALL VIA EMAIL OR INSTAGRAM FOR QUESTIONS

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