

**Discover**  
*your*  
**Potential!**

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**Tyler Clark:**  
**Tel: 07710838103**

# TYLER CLARK

## COACHING

### Client Introduction Pack

Are you ready to feel unstoppable, build strength and confidence? Fast track your transformation by working with Tyler Clark Coaching...

*Strong Body Strong Mind Matrix*

### Why do I need a Coach?

Seem to be at a standstill with your fitness? Lacking in motivation? Maybe your new to training and feeling lost, not sure where to begin? Capable of better results but not sure how to reach them? Lacking in knowledge?

Sound Familiar?...

I help people build a strong body and strong mindset, through a result driven blueprint. I will help you feel better about yourself, build your confidence and get you into the best shape of your life.

I help you develop a 'never quit' attitude, setting you up for success and irradicating any limiting beliefs. Which can be applied, not only in fitness, but in many other aspects of life.

Whatever your fitness level, everyone is welcome!

So, what is included...

- Online or 1-2-1 (client dependent)
- **Access to Tyler Clark Coaching App**
- WhatsApp Support/Advice/Motivation
- Tailored Training & Cardio Plan
- Tailored Diet & Nutrition Guidance
- Weekly Check-ins
- Examine Your Goals, mindset and set a routine
- Full Tutorial/Video

### Online Vs I-I?

#### Q. Is Online Coaching For Me?

- A. I have developed an online coaching service to provide as much (if not more!) support, knowledge, and accountability as personal training. Busy lifestyle? Perfect! You can train at a time, place and

with equipment that is convenient for you. I can even cover home training if needed.

- B. Tyler Clark Online Coaching involves more than just being sent a pre-made program and then left alone. I provide you a lifestyle transformation, working on you from both a mental and physical aspect. Including a tailored nutrition plan, love ice cream? Let's see if we can fit that in your plan! Macro specific to you, your body type to fast track you to the ultimate goal.
- C. You will have access to the Tyler Clark Coaching App, where you can see your programs, nutritional guidance and see your progress. You will have your routine set around your lifestyle and receive notifications to keep you on track. Every week, you check in with me online, so that adjustments can be made, and you have all the guesswork taken away.

### **Q. Is 1-2-1 Coaching for Me?**

*(Urban Fitness & BodyTek Only)*

- A. Wanting to get rid of all the guesswork, needing pushed a little harder or learn exercise techniques? Maybe its self confidence we need to work on?  
Discover how strength training can be your tool to develop not only your body but also your mind. We will work together to plan your goal, timescale and smash that goal! Beginner, Intermediate or Advanced, I will move you forward by making small incremental changes that will develop huge results in as little as 12 weeks.
- B. This package combines in-person training to form habits that will stick. We want long term results here, so that the improvements we make are sustainable. You will have access to the Tyler Clark Coaching App, where you can see your programs, nutritional guidance and see your progress.

**To get started drop me a message or email with the word 'COACH' for a free phone call consultation, its time to take action, let's give this journey a beginning.**

#### ***Contact Coach Tyler***

*Tel: 07710838103*

*Call, SMS, WhatsApp)*

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