

Guided by science.
Tailored to you.



ATPerformance

Alex Tran

MSc, CSCS, CPPC

 Chicago Personal Training
Worldwide Coaching

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Credentials:

- MSc Applied Exercise Science & Sports Nutrition
- Certified Strength & Conditioning Specialist
- Certified Pre/Postnatal Coach

Experience:

- Started personal training in 2017
- Clients have ranged from youth athletes, young adults looking to start their fitness journey, middle-aged adults hoping to get back into shape, to seniors who are interested in longevity

About Alex

|Personal Training|

What are my rates?

Premium Packages

4 pack	\$130 / session (\$520 total)
8 pack	\$120 / session (\$960 total)
12 pack	\$110 / session (\$1320 total)
16 pack	\$100 / session (\$1600 total)

Standard Packages

4 pack	\$120 / session (\$480 total)
8 pack	\$110 / session (\$880 total)
12 pack	\$100 / session (\$1200 total)
16 pack	\$90 / session (\$1440 total)

Add-Ons / Subtractions

Training at different location (i.e. home) +\$15 / session

Affiliated trainer (standard packages only) -\$10 / session

Special note: the convenience fee for training at a location (i.e. home) requested by the client can be waived depending on the circumstances.

Affordable Training Program

4 pack \$70 / session (\$280 total)

This is a semi-private training format ONLY at 167 N Racine Ave. Your sessions may be joined by others who are enrolled in the Affordable Training Program.

|Personal Training|

What is Premium training?

- **Advanced Fitness Programming:**
 - **Science-based, pre-planned workouts based on goals, preferences, and past progress to expedite results**
 - **Provides the framework for workouts**
 - **Tracks progress and troubleshoots lack of progress**
- **Workouts For On Your Own:**
 - **The most successful clients will continue to be physically active on their own. I can help by giving you workouts to do on your own, upon request.**
- **Monthly Nutritional Tune-Up:**
 - **Tune-Ups can help guide nutrition, which is critical for goals related to body composition.**
- **Monthly Progress Reports:**
 - **Seeing how much work you have put in within a month, even if progress feels slow, can help keep the motivation going for the long term**

|Personal Training|

Standard Vs Premium

- **Tailored Workouts**

- **Tailored Workouts**
- **Advanced Fitness Programming & Tracking**
- **Workouts For On Your Own**
- **Monthly Nutritional Tune-Up**
- **Monthly Progress Reports**

|Personal Training|

What is an affiliated trainer?

An affiliated trainer is someone other than me that would handle all personal training sessions, but was carefully selected by me based on their experience, credentials, personality, and ambitions, among other things. Payment transactions would be managed by me for the time being. Clients working with an affiliated trainer are limited to my standard rates, but with \$10 less per session. Depending on the agreement I have with the affiliated trainer, there may be a time where they completely take you over as 100% their own client without my overhead.

What else is there to know about the Affordable Training Program?

There may be sessions where you are not joined by anyone in this program, which will resemble 1-on-1 training. However, during times where you are with others, there may be times where you are left alone to do your workout, since everyone will have their own training plans that I have to balance my supervision between. Workouts will be shared through an app that has exercise tutorials and keeps track of rest times between sets.



IESHIA

Credentials:

- Certified Personal Trainer
- Certified Nutrition Coach
- Certified Glute Specialist
- Certified Life Span Specialist
- Certified Bodybuilding Specialist
- Certified Corrective Exercise Specialist
- Certified Nursing Assistant



JESSICA

Credentials:

- Certified Personal Trainer
- Certified Nutrition Coach
- Certified Women's Fitness Specialist
- Certified Pre and Postnatal Corrective Exercise Specialist



LISA

Credentials:

- Certified Personal Trainer
- Certified Nutrition Coach
- Certified Menopause Specialist
- Certified Corrective Exercise Specialist
- Certified Fascial Stretching Therapist
- Registered Nurse

|Small Group|

What are my prices?

First time attendee.....	FREE
Pay-by-the-class.....	\$40/class
Pay-by-the-class (current clients).....	\$30/class
4 pack.....	\$35/class
4 pack (current clients).....	\$25/class

Classes will take place at Train With Ron (167 N Racine Ave). There will be a 6 person limit. It is orchestrated to allow you to go at your own pace. Classes are scheduled to last 60 minutes. All participants receive a personalized exercise program.



|Corporate Fitness|

What are my prices?

Class size up to 10 People.....	\$150/class
Class size up to 15 people.....	\$225/class
class size up to 20 people.....	\$300/class
Class size up to 25 people.....	\$375/class
Class size up to 30 people.....	\$450/class

- Class sizes above 20 people might require me to bring an additional personal trainer
- Willing to help with fitness-related social media content
- Willing to host fitness-related seminars workshops, Q&A's, etc at discounted rates, alongside corporate fitness programs
- Discounted private 1-on-1 training sessions for employees, alongside corporate fitness programs

Online Coaching

What are the advantages of an online coach?



24/7 Access to ensure you are getting all of the help that you are paying for, in order to keep you on the right path.



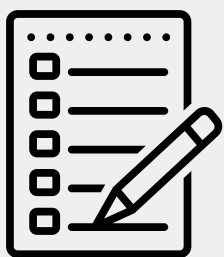
Affordability to fit any budget that is serious about finding the right help.



Freedom to train wherever and whenever is convenient for you, rather than working around a personal trainer's schedule, while being guided via a smartphone app.



Technique Analysis through videos or facetime, allowing me to provide feedback to make sure that your exercise form is proper, safe, and effective.



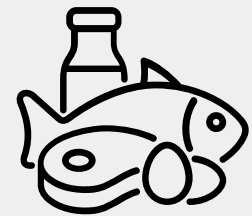
Weekly Check-Ins (or bi-weekly) to assess how you are feeling, gather feedback, and answer any questions, which allows me to make proper adjustments to your programming.

Online Coaching

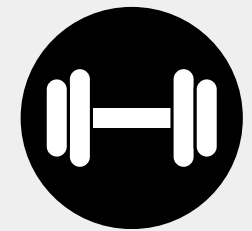
What online coaching services do I offer?



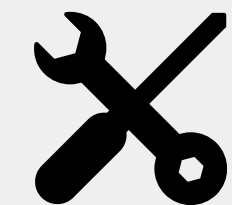
Premium Coaching: Delivering the best bang for your buck, all of the benefits of nutrition and fitness coaching are merged into a single service for optimal results.



Performance Nutrition Coaching: Nutritional recommendations are guided by the latest research and frequently-modified based on your progress and preferences, to improve stamina and/or strength.



Fitness Coaching: From my app, I provide you with workouts that cater to your limitations and needs. Programming is continually-adjusted based on your performance and perceived exertion.



Nutritional Tune-Up: I provide you with your calorie and macronutrient needs based on your goals, body measurements, age, etc. This does not involve any coaching.



Customized Programming: This is a short term workout routine that is tailored to your current goals. This does not involve any coaching.

|Online Coaching|

What are my rates?

Premium Online Coaching (Performance Nutrition + Fitness)

Month-to-Month.....	\$375/mo
3 Month Investment.....	\$825 (\$275/mo)
6 Month Investment.....	\$1050 (\$175/mo)

Performance Nutrition Coaching

Month-to-Month.....	\$225/mo
3 Month Investment.....	\$525 (\$175/mo)
6 Month Investment.....	\$750 (\$125/mo)
Nutritional Tune-Up.....	\$50 (free with premium training)

Online Fitness Coaching

Month-to-Month.....	\$225/mo
3 Month Investment.....	\$525 (\$175/mo)
6 Month Investment.....	\$750 (\$125/mo)
Customized DIY Program.....	starting at \$100

Virtually-Supervised Training

60 min..... rates will vary

Consulting (Fitness/Nutrition)

Fitness / Performance Nutrition...starting at \$100 / month

Payment Plans available for online coaching services.

Testimonials



Alex Tran Performance

Exceptional 5.0 ★★★★★



Linda Q.

Aug 24, 2018

I worked primarily with Alex@ATPerformance on my diet. Alex did an excellent job teaching me how to track my diet based on my macros and calories versus just calories. He made adjustments to my program as needed in order for me to reach my goals we discussed at our first meeting. 8 weeks in to the program I lost both weight & % body fat. Alex did a great job helping me figure out how to get additional protein into my diet while keeping the fat levels down as I had a hard time doing this at first. Alex was always prompt on checking in and answering any questions I had as well.

[Read less](#)



Monica N.

6 days ago

Alex is very well versed, he's always professional and provides a safe space to really push and find your strength and ability.

I am stronger and feel more confident in my form and technique since starting **personal training** with him. I have no reservations in recommending Alex.



Phillip G.

Oct 21, 2018

★★★★★ • Hired on Thumbtack

I hired Alex for my wife and she loves her sessions with him. She says she looks forward to her **training** sessions every week and it puts her in the mind set of being at practice in high school again.



Ilya G.

3 weeks ago

★★★★★ • Hired on Thumbtack

Alex is great to work with! He is very knowledgeable and accomy. We had a few really good **training** sessions and I'm looking forward to further working with him!