

# BUSINESS OPPORTUNITY

## 4U FITNESS LLC

CUSTOMIZED PERSONAL TRAINING

WHAT DOES 4 U-FITNESS WITH EMS TECHNOLOGY OFFER YOU?



JUST WHAT YOU NEED: VARIED AND CUSTOMIZED TRAINING. DURING THE SESSIONS, WE WILL BE WORKING ONLY WITH YOU. IF YOU WANT TO WORK IN PAIRS OR GROUPS, THIS CAN ALSO BE DONE WITH MULTIPLE DEVICES.

EMS TRAINING IS A SPECIAL TYPE OF PERSONAL TRAINING. WE RECOMMEND TWO SESSIONS PER WEEK, AS THIS TRAINING MAKES THE MUSCLES WORK HARD. THE DELAY OF ONSET MUSCLE SORENESS MAY TAKE 2 OR 3 DAYS, AND LASTS LONGER THAN A CONVENTIONAL SESSION. IN ORDER TO ACHIEVE

THE DESIRED RESULT, IT IS IMPERATIVE TO RESPECT THE REST PERIOD. TRAIN ONLY 2x20 MINUTES / WEEK FOR YOUR PERFECT BODY!



The Only Full Body Electric Muscle Stimulation (EMS) Approved by the FDA

4U-FITNESS TAMPA:  
OPEN: MONDAY-SATURDAY, 5AM-9PM  
ADDRESS: 4036 W. KENNEDY BLVD, TAMPA, FL  
PHONE: 800 421-5850

4U-FITNESS ST. PETERSBURG:  
OPEN: MONDAY-SATURDAY, 5AM-9PM  
ADDRESS: 430 4<sup>TH</sup> STREET SOUTH, SAINT PETERSBURG, FL  
PHONE: 800 421-5850



## COSTUMIZED PERSONAL TRAINING

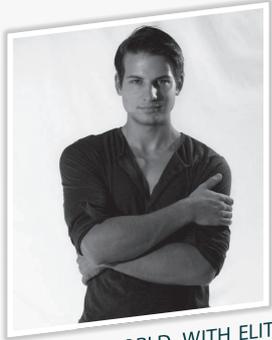


FAT LOSS  
GUARANTEED RESULTS

## 4U FITNESS LLC

CUSTOMIZED PERSONAL TRAINING

## OWNER'S MESSAGE TO YOU



AT 4U FITNESS, WE SPECIALIZE IN FAT LOSS AND STRENGTH & CONDITIONING. OUR FULLY-EQUIPPED STUDIOS ARE ATTRACTING THE TOP TRAINERS AND CLIENTS IN THE AREA. WE ARE ALSO THE ONLY STUDIO IN THE U.S. TO OFFER SERVICES WITH THE LATEST TECHNOLOGY IN FITNESS. WE ARE THE OWNERS OF E-FIT (ELECTRO-FITNESS) WHICH IS CURRENTLY UTILIZED ALL OVER THE WORLD WITH ELITE SPORTS TEAMS AND TRAINERS. WITH THIS TECHNOLOGY AND THE BEST TRAINERS IN THE AREA, WE GUARANTEE YOUR RESULTS OR YOUR MONEY BACK! WE HAVE ALSO COLLABORATED WITH THE TOP NUTRITIONISTS IN THE WORLD, ALLOWING US TO PROVIDE YOU WITH THE BEST GUIDANCE IN FOOD CHOICES. EVERY PERSONAL TRAINER AT 4U-FITNESS IS CONSIDERED AN INVESTMENT BECAUSE WE MUST KEEP THEM CONTINUOUSLY INFORMED WITH LATEST IN TECHNOLOGY. WE FIRMLY BELIEVE THAT EDUCATION AND EXPERIENCE ARE IMPERATIVE QUALITIES FOR A TRAINER. THUS, AFTER HUNDREDS OF RESUMES REVIEWED AND COUNTLESS INTERVIEWS, WE HAVE CHOSEN THE MOST KNOWLEDGEABLE AND QUALIFIED TRAINERS FOR OUR STUDIOS. AND UNLIKE OTHER GYMS, WE WANT OUR TRAINERS TO FLOURISH WITH THE EXPANSION OF 4U FITNESS. OUR FUTURE IS THEIR FUTURE.

DANIEL NYIRI  
OWNER

## OUR SERVICES



**BENEFITS:** EFFICIENCY, FAT BURNING, BODY BUILDING, TRAINING OF ALL MUSCLES SIMULTANEOUSLY, CELLULITE TREATMENT, MUSCLE & SPORT-SPECIFIC TRAINING, DECREASED BACK PAIN, APPLICABLE TO ALL AGES AND FITNESS LEVELS, JOINT PROTECTION

PROGRAM
CONSULTATION
1 ON 1 PERSONAL TRAINING
ADVANCED MONTHLY PLAN
SMALL GROUP TRAINING
CLIENT REFERRALS
E-FIT UNDER-GEAR

## BUSINESS OPPORTUNITY



**Master and Single Franchises Available!!**

**USA  
CANADA  
LATIN AMERICA**

**CONTACT:**  
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[mayer@mwwellnessconcepts.com](mailto:mayer@mwwellnessconcepts.com)