

Reasons to Have Your Own
Ladies Like Lifting™
Personal Trainer

- Increase metabolism
- Lose weight & body fat
- Change body shape
- Improve functional fitness
- Increase bone density
- Tone muscles
- Strengthen muscles
- Improve balance & coordination
- Improve flexibility
- Maintain healthy blood sugar levels
- Sleep better
- Prevent injury
- Enhance your current workout
- Gain cardiovascular benefits
- Overcome workout plateaus
- Learn exercise theory
- Experience new exercises
- Maximize workout time
- Feel good about yourself

Ladies Like Lifting™
Personal Training
is for
Women:

- inexperienced with strength training
- who want to take their workout to the next level
- with special needs
- with health concerns
- with weight issues
- of all ages
- of all fitness levels
- who want to take better care of themselves

Ladies

Like

Lifting™

*an empowering personal
training experience:
lose inches, gain strength,
feel better*™

409 Fitness™

Personal Training & Group Conditioning
1701 Concord Pike
(at the corner of Route 202 & Murphy Rd)
Wilmington, DE 19803

Email

409FitnessPT@gmail.com

Facebook

www.facebook.com/409Fitness.Gym

YouTube

“Ladies Like Lifting Promo”

Website

www.409Fitness.com

Call Today

(302) 354-7011

Presented by:

ROCK HARD Enterprise, LLC

and

Jeff, Owner and Proprietor
certified and insured

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Location for

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Women & Personal Training

Strength training is a secret to a long life because of its ability to reduce stress on joints, improve heart function, and improve balance, posture, and self-efficacy. Studies show that with strength training, blood flow increases, thereby increasing metabolism and strength.

One common misconception is that women will develop “large” muscles if they strength train. Generally speaking, women do not experience muscular hypertrophy to the same extent as men because the male hormone testosterone is important in synthesizing the contractile proteins. Nevertheless, women will increase substantially in strength in response to a progressive strength training program.

Women who strength train will increase lean muscle mass and overall body strength. A University of PA study showed that women who lift weights twice a week lost about 4% of body fat over 2 years.

The benefits of exercise also include increased bone density. This means women are less likely to develop osteoporosis. Equally important, having more strength and endurance makes daily activities easier. Women can then perform more work with more energy.

Maintaining and/or increasing muscle mass is one of the greatest controls women have over the aging process.

“I have decreased 2 sizes since I have been participating in Jeff’s Ladies Like Lifting™ program,” Diane (age 52).

Ladies Like Lifting™ Personal Training is:

Challenging but Enjoyable
Effective and Exciting
Individualized but Powerful
Interesting and Enticing
Unique but Intriguing

“Because I am getting stronger, I can now bend over and pick up my grandson without back pain or worrying about my back,” Meg (age 64).

“I can buy pants again that fit my thighs and waist and bought a bikini for the first time in my life,” Barb (age 37).

What Can I Expect from Ladies Like Lifting™ Personal Training?

results
a firmer body
improved fitness
stronger muscles
a healthier body
more self-confidence
a better physique

Your health is an investment not an expense™

“Ladies Like Lifting™ got me physically and mentally prepared for my wedding. I feel toned and feminine, and have definitely developed confidence in my physique. You will work hard!” Holly (age 27).

You Will Get Results!™

Ladies Like Lifting™ Packages

Prime Time™ Package “Feel Results”

12 sessions 30 minutes each
\$300

Ladies Like Lifting™ Package

“Making a Real Difference”
12 sessions 45 minutes each
\$375

One More™ Package “More Intense”

12 sessions 60 minutes each
\$450

For Personal Training Between the Hours
of 9:00pm & 4:59am
Add \$75.00 to Each Package

Gift Certificates Available

Mission Statement:

Ladies Like Lifting™ strength training
makes a difference in women’s lives.™
You Will Get Results!™

Ladies Like Lifting™
Established 2010

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