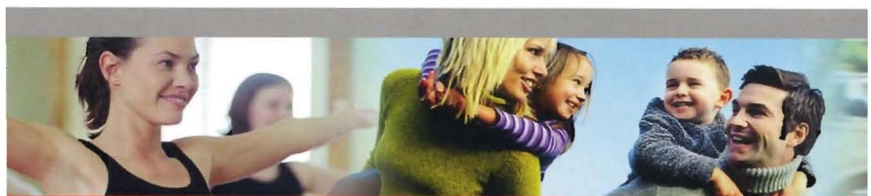




Real Results
Real **Fast!**



Services





TOTAL BODY WORKOUT

Our total-body cardio and strength workout has been scientifically proven to be the best 30 minute workout!

The study, which was conducted at Swedish Medical Center and in conjunction with the Seattle University Human Performance Lab, was created to help educate the public about the benefits of efficient and effective workouts, which can help to lower body weight, decrease risk of diseases, and increase energy. Since the 1-2-3 Fit workout combines cardio, strength and resistance training in just 30 minutes, it allows for higher energy expenditure thus burning more calories.

"The 1-2-3 Fit circuit training program addresses the top reason that individuals do not maintain active lifestyles---a perceived lack of time," said Dr. Cedric X. Bryant, chief science officer for the American Council on Exercise.

Our revolutionary Symbio System™ equipment, developed exclusively for 1-2-3 Fit, is the next evolution of fitness equipment. It's the first equipment to provide both positive and negative resistance without the soreness typically associated with traditional weight stacks, while maintaining the benefits. Less Pain, More Gain™.

Comparison to Typical Workout Options:

EXERCISE	CALORIC EXPENDITURE
1-2-3 Fit High Intensity Workout	320-460
Jogging	300-350
Elliptical Machine	250- 300
Aerobics Class	220-270
Curves Workout	160-200

* This is the average caloric output for a 30-minute workout for approximately 150 lb. individuals. Study commission at the Seattle University Human Research Lab by American Council on Exercise.

VISUAL FITNESS PLANNER

The Visual Fitness Planner (VFP) is a unique software tool using three-dimensional modeling to show not only an individual's potential for weight-loss and/or muscle growth, but also their likelihood of contracting Type II diabetes, having a stroke or developing cardiovascular heart disease or cancer. In addition, the technology calculates a person's "health age" which takes into account their health risks and provides a "health age" correlation to increase exercise participation.

**As the old saying goes
"A picture is worth a
thousand words"!**




You can reach your body transformation goal in 12 months. *

See it. Believe it. Achieve it!

In summary, VFP creates a 3-D image of a person, calculates their health risks for diseases, compares their current age to their predicted "health age," and calculates exactly how many weeks it will take to achieve their goals!

**Depending on the fitness program you select.*

PERSONAL TRAINING



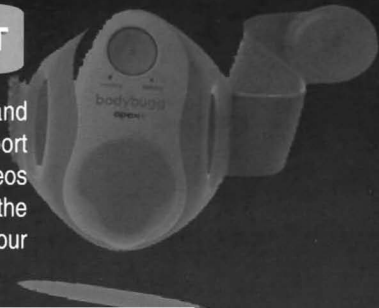
PT, as it is referred to, is for the person who wants a more customized approach to improving their health. The most motivating method yet, PT is for that individual who is serious about reaching their goals. We'll plan the workouts! Your training will maintain constant attention to form and body mechanics. You'll learn how to safely use fitness equipment to properly maximize your time and benefits. Just show up, and away we'll go!

FITNESS ASSESSMENT

You can't tell how far you've come in your program if you don't take baseline measurements! We'll assess your fitness level in 5 categories before you start your new program; Resting Heart Rate, Blood Pressure, Body Composition, Muscular Endurance, Cardiovascular endurance, Flexibility. Get a re-test in 8 weeks to see what areas of fitness you improved on as well as the areas you need to dedicate more attention to.

24/7 NUTRITIONAL SUPPORT

Work with a certified personal trainer and bodybugg coach and receive 24/7 support including online meal plans, instructional videos and 24/7 caloric tracking. Find out exactly the right amount of movement needed to match your food intake. Create a fail-proof plan today!



GRAVITY™ TRAINING

Offering an efficient and effective full-body workout. 1-2-3 Fit Gravity classes allow you to target all major muscle groups. While Gravity Training, You'll find the perfect amount of resistance for your workout using different levels of your own body weight. As the session progresses, you can continue to improve your strength by adjusting your resistance levels, or utilizing more advanced movement options. With over one hundred different exercises that can be performed on one machine, our Gravity classes are perfect for those wanting to get the maximum workout in the least amount of time.

FITNESS CONSULTATION

Don't know where or how to get started in the gym? Let us help! Meeting with a professional can help you figure out what services you may potentially need to maximize your experience in the gym.



BODY COMPOSITION ANALYSIS

Knowing your lean muscle weight is crucial to establishing safe, attainable goals in your fitness program. Let the professionals help you set realistic goals by analyzing your lean muscle to fat ratio. We'll do an impedance test using our proven Tanita technology to accurately determine your body fat percentage.

EXERCISE PROGRAM DESIGN

Looking to get back into shape, but don't know how to get started? We'll design a workout program specifically for you and your needs. With every exercise program, you will receive a complete fitness assessment and 2 hours of free personal training for exercise explanation and demonstration! You'll also get a tracking logs and exercise cards to give added guidance to your program.

SPORT SPECIFIC PROGRAMMING

Don't train harder.....train smarter with a plan designed to help you perform better. We combine resistance training with drills specific to the sport of your choice which will help improve your overall performance. Get ahead of your competition with a program specialized for sports competition and your specific position needs.



INJURY REHABILITATION/ MOBILITY PROGRAMMING

So you don't want to go to the gym, huh! If you have 8-square feet of empty space in your home, we will bring the gym to you! Programs are ideal for all levels of fitness and exercise experience. If you don't want to pay the gym membership fee, but want 1-on -1 training, we're here to help. We'll design the workouts and bring the equipment to you...all you have to do is open the door! .

OUTDOOR BOOTCAMP

ADVENTURE TRAINING

Our trainers will get you ready for the outdoors, in the outdoors with Boot camp and Adventure training that will be sure to put you in the best of shape to enjoy the great outdoors. Classes forming soon

MOBILE/HOME TRAINING

So you don't want to go to the gym, huh! If you have 8 square feet of empty space in your home, we will bring the gym to you! Programs are ideal for all levels of fitness and exercise experience. If you don't want to pay the gym membership fee but want 1 on 1 training, we're here to help. We'll design the workouts and bring the equipment to you...all you have to do is open the door!

Don't just take *our*
word for it....



"123 Fit have been an amazing support and encouragement in my journey to a healthier me. I can't believe I've lost 45.5 pounds and I'm just a couple pounds away from my goal! It feels incredible to have come so far. I know I would not have been able to accomplish so much in the past year if not for the guidance and training at 123 Fit. Thank you for everything."

Sincerely, Angie

8391 Folsom Blvd. Suite 9 Sacramento, CA 95826
(916) 383-0123