

## Functional Fitness Labs Video Script

by  
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Here's the cold, harsh truth about most global gyms, health clubs, and standard workouts...

They just DON'T WORK.

And the reason is...you're all alone.

There's nothing more dreadful, challenging, and energy sucking than having to SELF MOTIVATE...

Especially when it comes to working out!

Huffing...Puffing...Jumping...Pumping...Stretching...Pulling...

Think about this...

The people in the best shape are athletes.

Because they work out AS A TEAM...no matter what the sport: Baseball, Football, Hockey, Basketball, Soccer, Track & Field, Weightlifting...the list goes on.

Athletes know that when you work out with your teammates, getting in shape is A LOT EASIER and lot more fun than doing it all by your lonesome.

And the results are STELLAR.

Getting fit, healthy, and in shape is not meant to be a solo effort. You're not an island.

Getting into shape should be fun and exciting!!

And that's exactly what "Functional Fitness Labs" is all about...

Helping you get the results you want and becoming the healthiest YOU, THE FUN WAY!

"Functional Fitness Labs" is not your everyday, sterile, more-of-the-same gym. Absolutely not.

"Functional Fitness Labs" is designed specifically with YOUR needs in mind...to get you fit and feeling like a million bucks in a supportive, encouraging, team-like environment.

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The moment you walk into “Functional Fitness Labs,” you’re treated like family.

We know all our clients’ names. We take you by the hand, give you precise direction, and hold you accountable.

All you have to do is show up, have fun, and work hard. We take the guess work out of getting results.

You get to bask in our results-driven, one-on-one personal attention...tailored to fit your specific focus and goals.

We begin with a Private Fitness Assessment so we know exactly how to help you meet your goals. No more floundering like a fish out of water trying to figure out which equipment to use or which training program ‘might’ work for you.

You’ll know instantly how to maximize your time, effort, and energy.

Our semi-private Class sizes are intentionally kept small, so that you’re comfortable and primed for fast, fantastic results. No more feeling lost and overwhelmed like in the big, bloated, factory-mill style gyms.

At “Functional Fitness Labs,” we make it fun and exciting for you to reach your goals. Your family’ is cheering you on, encouraging you, supporting you, pushing you to go that extra round or rep... or that extra pull up or push up.

Plus, you’ll get total access to our full time coaches and exclusive ‘Focused Nutrition’ Plans.

Whether you’re working on your strength, endurance, your weight, health, toning your body, prepping for a competition, or just want to ‘get in shape’...

You’ll be on your way to becoming a Functionally Fit Athlete in practically no time at all.

After each “**WOD**”—or workout--session with your coach and fitness family, you’ll feel alive and proud of what you just accomplished... ready to take on the world.

What’s more, you’re also helping the athletes of your family reach their goals by supporting and cheering them on in the same way they supported you. You’re an integral part of a community of like-minded ‘let’s get fit’ enthusiasts!

Look, as a proud citizen and resident of Akron, you know what it’s like to weather the tough times.

You’re tough, resilient, you bounce back from adversity.

You face challenges with steadfast determination and compassion toward others...and you're always there to lend a helping hand to those in need.

And that's precisely what "Functional Fitness Labs" is all about when it comes to your health and fitness...adopting the very best of what makes Akron and its people great...and delivering that excellence to you.

Know this: When you exercise your body, you exercise your mind. You reduce stress, boost your energy, improve your immune system, and you make better choices!

Let Functional Fitness Labs exercise your body, so you can experience the best life has to offer.

Call (PHONE NUMBER) or visit [FunctionalFitnessLabs.com](http://FunctionalFitnessLabs.com) right now to set up your FREE Introductory Session...a \$297 value.

Get the support and encouragement you crave on your road to getting fit.

Change your Shape. Change your Health. Change the Way you Feel.

Discover your new family. Call "Functional Fitness Labs" or visit [FunctionalFitnessLabs.com](http://FunctionalFitnessLabs.com) TODAY for your FREE Assessment and Change Your Life.

But hurry. There are only 17 spots available for this special introductory offer. Once they're gone, that's it. Call now to reserve your FREE Assessment with Functional Fitness Labs.

(PHONE NUMBER) and [FunctionalFitnessLabs.com](http://FunctionalFitnessLabs.com)