



Let's Grow Together

Struggling with your Health and Fitness goals? We can give you the tools you need to get where you want to be.

[Learn More](#)

Watch our latest Vlog:

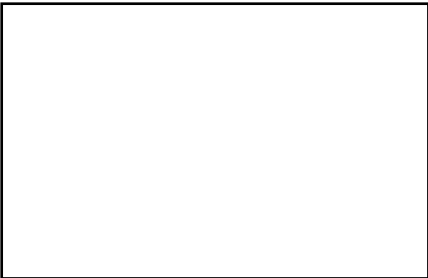
Vlog Info

VLOG Here

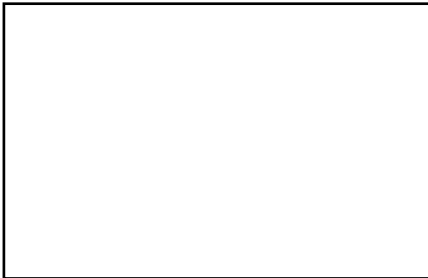


About us

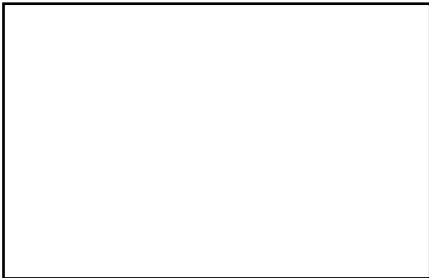
Team Photo



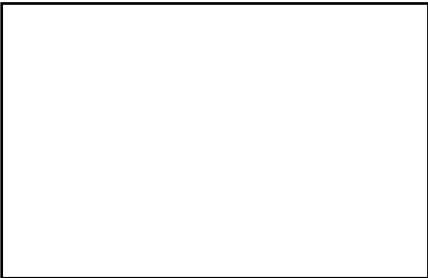
Founder:
Alonso Lopez



Business Director:
Patrick Soliven



Sports Manager:
Brandon Teichman



Social Media Director:
Elezar Salcido



Web Developer:
Marcial Araracap



Home About Learn Equipment Exercises Fitness Tools Vlog

Picture of
gym

Not sure how to use the equipment at the gym? You've come to the right place!

Name:

Use:

Instructions:

Pic of equipment

Name:

Use:

Instructions:

Pic of equipment

Name:

Use:

Instructions:

Pic of equipment



Pic of working out

Exercises

Muscle/Muscle Group:
Exercise name:
Instructions:

Workout video

Muscle/Muscle Group:
Exercise name:
Instructions:

Workout video

Muscle/Muscle Group:
Exercise name:
Instructions:

Workout video



Tools to help you track your progress and fitness goals

Goal tracker spreadsheet:
Instructions:
Download Link

Pic of spreadsheet

Goal tracker spreadsheet:
Instructions:
Download Link

Pic of spreadsheet

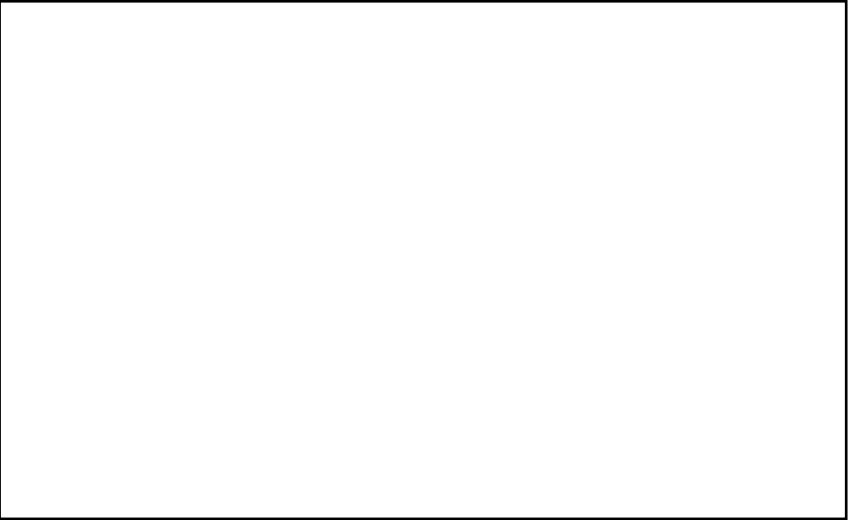
Goal tracker spreadsheet:
Instructions:
Download Link

Pic of spreadsheet

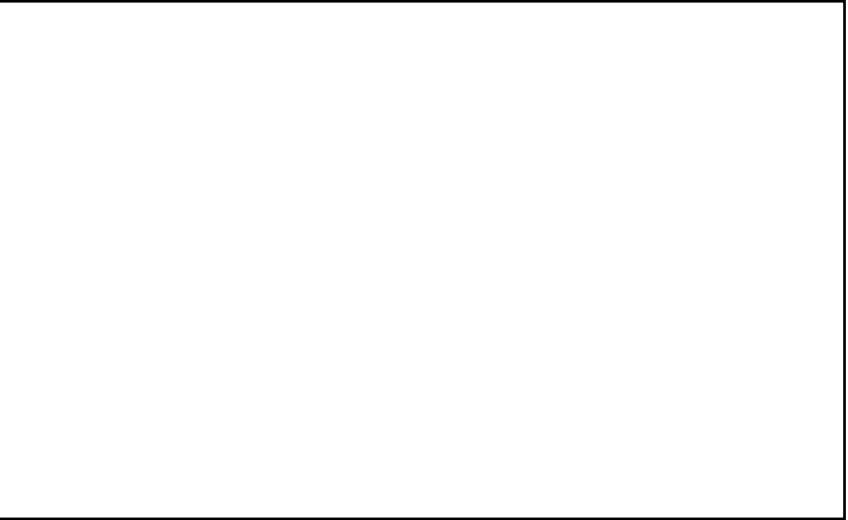


Keep up and grow stronger with us!

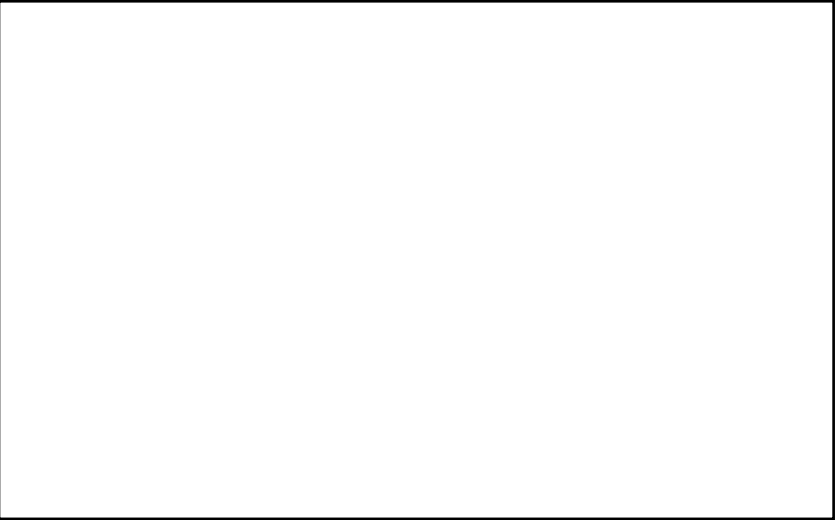
Vlog Title



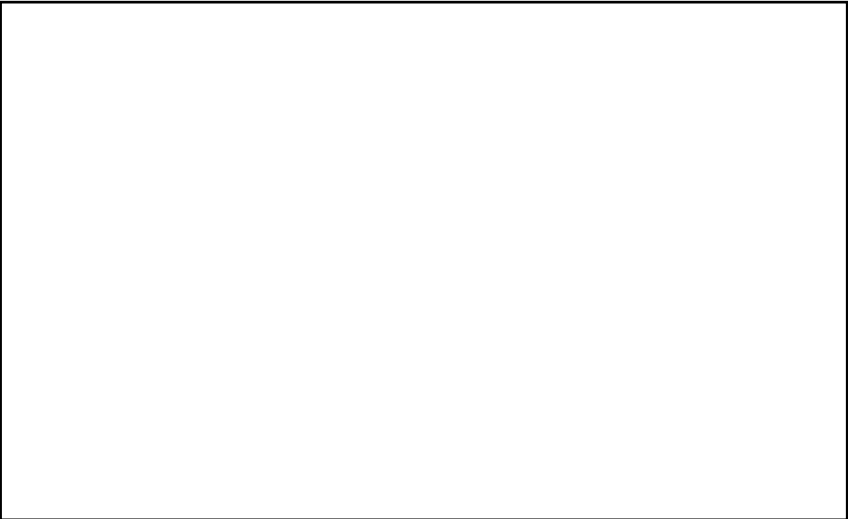
Vlog Title



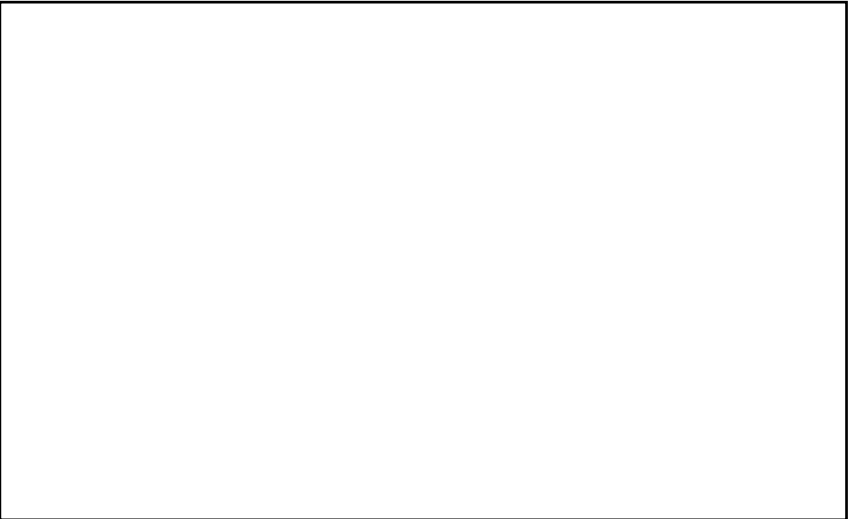
Vlog Title



Vlog Title



Vlog Title



Vlog Title

