

TRAIN WITH WINSTON _Powered by HOC gym

1. Home Page – Page 1

Clear Headline - “Transform Your Life With Expert Online Coaching”

Sub Line - Personalized workouts, guidance & accountability built for your lifestyle.

2. bullet points:

- 1. Start your journey** > Leads to Packages
- 2. Book Free Consultation** > Leads to watsapp

“Trusted by 2000+ clients |Powered by HOC Gym”

- 3. One transformation before/after slider** - (hit them fast)
- 4. What you will get (3 point section:)**
 - **Personalised Training**
Science based plans+ nutrition based on your goals and lifestyle
 - **Personal Guidance**
Weekly checkins, accountability and form corrections.
 - **Proven Transformation**
6+ years of coaching experience. 1000+ lives impacted.

(Very clean, minimal, premium feel)

PAGE 2 –

Section 1 – About Train With Winston.

“Train With Winston is an online training system designed to help busy people achieve real, sustainable results through structured workouts, personalised nutrition & expert accountability.”

Section 2: Why HOC Gym is mentioned

"Powered by House of Champions (HOC Gym) a fitness brand trusted for 6+ years ensuring premium-quality programs backed by real training experience.

Section 3: Your Story :

From network engineering to fitness — my journey wasn't planned, it was felt. I always had a deep craze for fitness, something that kept pulling me stronger than any desk job ever could.

So I decided to start from zero and chase what I truly loved.

I completed my Personal Training & Sports Nutrition certification from K11 Fitness Academy, one of India's leading fitness institutions. Soon after, I began my career as a trainer — learning, growing, and pushing myself every single day.

My passion helped me rise to the level of Master Trainer, and within 4 years, I was able to transform countless clients on the gym floor.

But something inside me still said there's more to do.

More people to help. More lives to impact.

That's when HOC Gym was born.

What started as a dream became a space where I poured my heart, discipline, and vision.

Today, after 6 years, HOC Gym has transformed hundreds of lives — and continues to grow as a community built on trust, results, and pure passion.

This is not just my journey.

It's the beginning of something much bigger.

Section 4: Mission

To simplify fitness and make transformation achievable for everyone.”

Page 3:

Why Choose Train With Winston (Transformation Philosophy)

1. Structure, Not Guesswork:

Science based personalized workout & Diet goals according to your body goals and lifestyle.

2. High Accountability:

Weekly check-ins, form correction, progress tracking. You don't fall off track.

3. Clear Guidance:

No confusion. No overthinking. You'll know exactly what to do daily.

4. Mindset & Discipline Coaching:

You don't just get in shape. You become consistent.

5. Premium community:

A batch where everyone is moving.

Programs / Packages Section

(fill it as I gave details in whatsapp group)

How it works:

Step 1. Fill the form

Step 2. Join your batch

Step 3. Start training

Real Transformation section:

- **Before / After**
- **Clients testimonials**
- **Chat screenshots**
- **Progress charts**

FAQ SECTIONS

Answer the top doubts:

- Do I need equipments?..No
- Will diet be strict?.. No it will be easy flexible according to your daily routine
- Batch Time? Multiple batches available
- Do you train beginners?... yes

Final CTA section (Last Page)

Big and clean message

“Start your transformation today.”

Button : Join Now

DM me on watsapp

