



## Online Subscriptions

Not located in Nashville? Or maybe you just want a private plan without the hassle of setting up appointments? Maybe you just don't want to pay that much?

There's no reason not to start with my Online Plans! You get:

- Workout Templates
- Monthly Newsletter
- YouTube workout videos
- Unique Instagram Workouts
- Nutritional guidelines
- Weekly reports
- Facebook Support Groups



## Offering Online

Workout Templates	Choose from outdoor, at home, or goal-oriented plans
Nutritional Guidelines	Download pdfs to guide your caloric and nutritional needs
Weekly Reports	Fill out goal sheets and weekly reports to track yourself
Peer Support	I'll be there every step of the way along with a peer network

## Personal Training

Half hour and hour sessions	Personalize the sessions to meet your needs.
Goal Planning	Goal assistance and preparedness through discussion and worksheets.
Variety of packages	Pick from 10 week, 16 week, or 24 week plans.
Anywhere	Choose where you want to workout. At your apartment, gym, or outdoors!

## Group Fitness

Apartments	Talk to your apartment complex to see if they would like to host group training.
Business	Does your business want to incorporate group fitness? Ask how we can make it happen today!
City and Community	Do you and your friends want to start a bootcamp and get ready for a major life event?
Peer Support	I'll be there every step of the way along with a peer network



Signing up? That's great.  
Just fill out the brief questionnaire so that I can understand a little more of what you're looking for.

Click submit and wait about a day for me to contact you for a chat session where we can explore your goals further.



## Contact

**Journey Package**

**Athletic Package**

Name:

Male

Female

Age:

Past Exercise Experience:

Goals:

Availability:

Contact Info:

Email:

Phone:

**Submit**



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Sign Up

Online Training

Group Fitness

Solo Session

Name:

Male

Female

Age:

Contact Info:

Email:

Phone:

Submit



## Welcome to Worklife Workouts!

Read new ideas, trends, and just life planning articles here. This is where I post what is happening in my fitness life and where I like to throw out my opinions on everything from supplements to vacations! Submit your own post for review and let's start a dialogue!



## Blog



### Let's Talk Supplements

If you are thinking of taking supplements that's great! It's important to understand their benefits and appropriate use first...



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## About Me

I guess since the rest of this site is about you I could just squeeze in a page about me.

My name is Jaime Murillo. I graduated from the University of Florida, go gators, on May 2017. I studied Business Administration and when I finished I decided to get my personal training certificate with ACE. After graduation I spent 6 weeks in Southeast Asia to explore and learn about different cultures. Now that I am back I have been working with Ford Motor Company and training individuals on my free time.

I started Worklife Workouts a couple of months ago to improve people's quality of life. I want to help people engage in healthy activities that can be fun and rewarding.

If you wanna chat with me just send me an email and we can talk about traveling, fitness, and health!

[Contact Me](#)



Welcome to Worklife  
Workouts!

## Contact Me

Your Email:

Ask me anything!

Submit