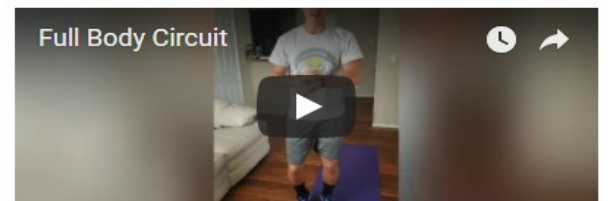
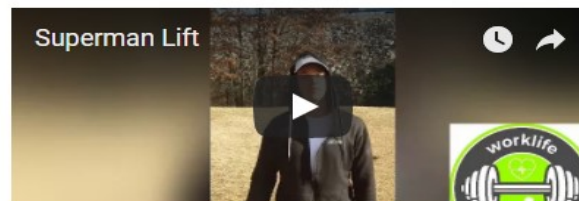
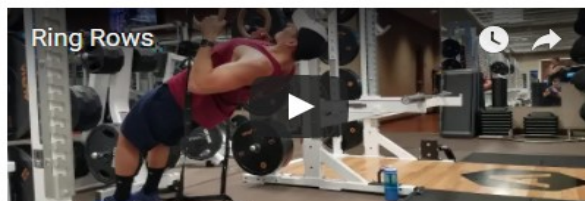
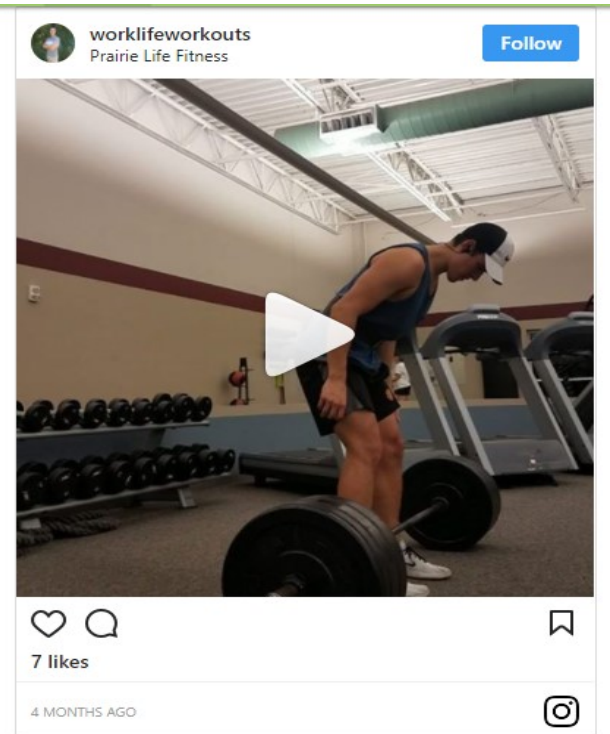


## Worklife Workouts Updates!

- [Blog Post](#)
- [Bootcamp Sign up Page](#)



## Media





## Recommended Products

Amazon.com: Sports & Fitness

Secure | [https://www.amazon.com/Sports-Fitness/b/ref=sd\\_allcat\\_sa\\_sp\\_allsport?ie=UTF8&node=10971181011](https://www.amazon.com/Sports-Fitness/b/ref=sd_allcat_sa_sp_allsport?ie=UTF8&node=10971181011)

Amazon Associates SiteStripe

Get Link: Text Image Text+Image Native Shopping Ads (New) Custom

Share: f t

Tried the new Card format for Native Shopping Ads? [Learn more](#)

Earnings Help

NEW & INTERESTING FINDS ON AMAZON EXPLORE

amazon Try Prime

Search: Sports & Fitness

Deliver to Jaime GAINESVILLE 32601

Departments Browsing History Your Recommendations Today's Deals Gift Cards Registry Sell Help

EN Hello, Jaime Account & Lists Orders Try Prime Cart

Sports & Fitness ATHLETIC CLOTHING EXERCISE & FITNESS HUNTING & FISHING TEAM SPORTS FAN SHOP GOLF LEISURE SPORTS & GAME ROOM SALES & DEALS

# Sports & Fitness

**Find big savings**  
in the Spring Sportsman Event  
[Shop now](#)

Sports Events Sports Sales & Deals

Featured Deals in Sports & Fitness

Type here to search

4:37 PM 4/7/2018





## 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...

### 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...



## 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
Business	Does your business want to incorporate group
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





## Client Testimonials

Matt

Jorge

Vidya

Chelsea

Michelle





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.



## Inquire

Name:

Interested in:

Personal Training—Group Fitness—Split Training—Online Programs—  
Bootcamp

Goals:

Contact Info:

Email:

Phone:

**Submit**

Welcome to Worklife  
Workouts!



## 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