

12 week personal training program cost

12 Week Personal Training Program Cost: A Comprehensive Guide

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Publisher: FitnessForward, a leading online resource providing evidence-based information on fitness, nutrition, and wellness. FitnessForward boasts a team of certified professionals and medical advisors ensuring accuracy and reliability.

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Summary: This guide provides a comprehensive breakdown of the costs associated with a 12-week personal training program. It explores factors influencing price, such as location, trainer experience, program type, and additional services. We also discuss best practices for finding affordable yet effective programs and highlight common pitfalls to avoid overspending or compromising quality.

Understanding the Variables Affecting the 12 Week Personal Training Program Cost

The cost of a 12-week personal training program varies significantly depending on several key factors. Understanding these variables will empower you to make informed decisions and find the best value for your investment.

1. Location: Geographic location plays a significant role. Urban areas with high living costs typically command higher personal training rates compared to smaller towns or rural settings. Consider the cost of living in your area when budgeting for a 12-week personal training program cost.
1. Trainer Experience and Certifications: Highly experienced trainers with specialized certifications (e.g., strength and conditioning specialist, certified athletic trainer) will often charge more than less experienced trainers. Their expertise and knowledge justify the higher cost, but it's essential to assess if that extra cost aligns with your needs and budget.

1. **Type of Training Program:** The type of program significantly affects the 12 week personal training program cost. A basic weight loss program might be less expensive than a specialized program for athletes, rehabilitation, or specific conditions requiring specialized equipment or expertise.
1. **Training Frequency and Session Duration:** The cost will increase with the frequency of sessions. More frequent sessions (e.g., three times a week versus once a week) will naturally result in a higher 12 week personal training program cost. Similarly, longer session durations translate into higher overall costs.
1. **Additional Services:** Some trainers offer additional services included in the overall package, such as nutritional guidance, workout program design outside of sessions, progress tracking software, or even access to group fitness classes. These add-ons increase the 12 week personal training program cost, but they can also enhance the overall value.
1. **Payment Plans and Discounts:** Many personal trainers offer payment plans to make the 12 week personal training program cost more manageable. Look for discounts for package deals or referrals.

Best Practices for Finding Affordable 12 Week Personal Training Programs

Finding a balance between quality and affordability is crucial. Here's how to approach your search strategically:

Compare Prices: Get quotes from several trainers in your area. Don't solely focus on the lowest price; consider the value offered for the 12 week personal training program cost.

Assess Trainer Qualifications: Ensure the trainer has appropriate certifications and experience relevant to your fitness goals.

Check Reviews and Testimonials: Look for online reviews and testimonials from past clients to gauge the trainer's effectiveness and professionalism.

Negotiate: Don't hesitate to negotiate the 12 week personal training program cost, especially if you're committing to a longer program or paying upfront.

Explore Group Training: Group training sessions often cost less per session than one-on-one training.

Common Pitfalls to Avoid When Budgeting for a 12 Week Personal Training Program Cost

Focusing Solely on Price: The cheapest option isn't always the best. A low 12 week personal training program cost might reflect a lack of experience or inadequate training methods.

Ignoring Contract Details: Carefully read any contracts before signing, paying attention to cancellation policies, payment schedules, and any hidden fees.

Overlooking Additional Costs: Factor in the cost of travel to and from sessions, any required equipment, and potential additional services.

Unrealistic Expectations: A 12-week program is a significant investment, but it won't magically transform your body. Set realistic goals and manage expectations.

Conclusion

Determining the right 12 week personal training program cost involves careful consideration of various factors. By understanding the variables involved, employing best practices, and avoiding common pitfalls, you can find a program that fits your budget without compromising the quality of your training experience. Remember, investing in your health and fitness is an investment in yourself. A well-structured program, even with a higher upfront 12 week personal training program cost, can yield significant long-term health benefits.

FAQs

1. What is the average cost of a 12-week personal training program? The average cost varies widely by location and trainer experience, ranging from \$600 to \$3000.
1. Are there any financing options available? Some trainers offer payment plans or work with financing companies to make the program more accessible.
1. Can I negotiate the price? Yes, especially if you're committing to a longer program or paying upfront.
1. What should I look for in a personal trainer's qualifications? Look for certified trainers with relevant experience and positive client reviews.
1. What if I need to cancel my training program? Carefully review the contract's cancellation policy before signing.
1. How can I ensure I'm getting a good value for the cost? Compare prices, read reviews, and consider the overall value provided by the trainer and program.

1. What are some hidden costs I should be aware of? Consider travel expenses, equipment costs, and potential add-on services.
1. Are there any free or low-cost alternatives to personal training? Explore online resources, group fitness classes, or workout videos.
1. What results can I realistically expect from a 12-week program? Results vary greatly depending on individual factors, but consistent effort will generally yield noticeable improvements in fitness and well-being.

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12 week personal training program cost: Athletic Body in Balance Gray Cook, 2003-05-05

Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, Athletic Body in Balance focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with Athletic Body in Balance.

12 week personal training program cost: Your Ultimate Body Transformation Plan: Get into the best shape of your life - in just 12 weeks Nick Mitchell, 2015-12-31 The 12-week plan for men to get into the best shape of their life. Burn fat, build muscle and get that ideal body.

12 week personal training program cost: The New Rules of Lifting for Women Lou Schuler, Cassandra Forsythe, PhD, RD, Alwyn Cosgrove, 2008-12-26 In The New Rules of Lifting for Women, authors Lou Schuler, Cassandra Forsythe and Alwyn Cosgrove present a comprehensive strength, conditioning and nutrition plan destined to revolutionize the way women work out. All the latest studies prove that strength training, not aerobics, provides the key to losing fat and building a fit, strong body. This book refutes the misconception that women will bulk up if they lift heavy weights. Nonsense! It's tough enough for men to pack on muscle, and they have much more of the hormone necessary to build muscle: natural testosterone. Muscles need to be strengthened to achieve a lean, healthy look. Properly conditioned muscles increase metabolism and promote weight loss -- it's that simple. The program demands that women put down the Barbie weights, step away from the treadmill and begin a strength and conditioning regime for the natural athlete in every woman. The New Rules of Lifting for Women will change the way women see fitness, nutrition and their own bodies.

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Volume 3 Ariel Banayan, Amir Atighehchi, Michael Ahdoot, 2019-09

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12 week personal training program cost: Strong Curves Bret Contreras, 2013-04-02 This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

12 week personal training program cost: Living 365fitt Coaches Manual Kathy Kent, 2014-05-07 The Living 365fitt Coaches Program and Coaching Manual is for health and fitness professionals and enthusiasts who are passionate about lifestyle wellness. Through a combination of the book, The Living 365fitt, 12-Week Program to Lifestyle Wellness, and the Coaches Manual, individuals are able to inspire others towards better lifestyle habits. The program is an interactive, coached program for individuals who want to increase their wellness through permanent lifestyle change. The program focuses on living a healthier and more active life by changing one's physical, nutritional and emotional habits. The program uses a combination of tools (book, worksheets, webinars, interactive coaching, consultations, and an exclusive membership program) to coach others to success. The program is appropriate for: - Clubs - Communities - Schools - Corporate wellness programming

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12 week personal training program cost: Body by Science John R. Little, Doug McGuff, 2009-01-11 Building muscle has never been faster or easier than with this revolutionary once-a-week training program In Body By Science, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

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people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

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Eddie Lester has helped more than four thousand personal trainers reach their financial goals and grow their businesses. Now, he wants to help you do the same in this new guide to professional success. In *Business and Sales: The Guide to Success as a Personal Trainer*, Lester takes you through every step needed to secure the sale and net a new client. Like your own journey, the guide starts with one of the most important steps: attaining certification. Passion isn't enough to be a personal trainer; you need to show your clients that you are knowledgeable and trustworthy. The next chapters reveal how to create a personal brand, define your niche, target your most important demographic, hone your selling personality and sales pitch, make an amazing first impression, follow up with each client, and calculate a pricing structure. Lester also outlines business checkpoints to help you gauge your progress. His Power Questions can uncover a client's true motivations and empower you to make the sale. The most important concept Lester wants you to learn is discipline. Use the same drive that makes you a successful personal trainer to become just as successful as a business owner.

12 week personal training program cost: The Complete Book of Personal Training Douglas Brooks, 2004
This book is the most comprehensive and authoritative resource for you as a personal trainer, whether you are a newcomer to the field or have a well-established business. The book is truly a complete resource - it's full of information about working with clients and designing programs, and it's a practical guide to all aspects of the personal training business. [It] will help you in all aspects of your profession: learn applicable information on fitness testing and assessment ; identify your clients' goals and create fitness tests specifically for them ; learn how to develop cardiovascular, strength and flexibility training programs ; properly train and help special populations ; understand the business side of personal training, including marketing yourself as a trainer, getting and retaining clients, and learning time management ; learn how to expand your business. - back cover.

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From marketing and sales to budgets, staffing, and clientele issues, *The Business of Personal Training* walks you through the business-based side of personal training while teaching you the valuable skills you'll need to start, build, and grow your business.

12 week personal training program cost: Ignite the Fire Jonathan Goodman, 2015-02-10
Now in a revised, expanded, and upgraded edition, *Ignite the Fire* is the highly practical approach to personal training already relied on by thousands of trainers Worldwide. Repeatedly called one of the best books for personal trainers, it provides a clear road map teaching you how to become a personal trainer, to getting a personal trainer certification, to building your career from the bottom up so you can build a clientele, your reputation, and income. --

12 week personal training program cost: Maximus Body Bobby Maximus, Michael Easter, 2018-05-08
Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppable fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets

and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter. Getting that shredded body requires real commitment and real work—and Bobby can show you how. Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like "Don't Ask Me About Your Abs," that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness.

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fine print on everything from mortgages, car loans, personal loans and health insurance to car insurance, credit cards, superannuation, tax and much more, Justine Davies helps you make good choices on the key financial products and services in your life. Justine Davies is a financial planner, journalist, author and blogger who loves educating people about money.

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12 week personal training program cost: *Be the Fittest* Tyrone Brennand, 2020-12-24 Want to learn how to get fit at home - in your own time and with no special equipment necessary? BE THE FITTEST is the powerful, fun and inspirational guide that will change your life. Tyrone is a personal trainer who turned his life around through fitness. In this, his first book, he shares his ground-breaking workout and meal plans so that anyone can learn to BE THE FITTEST in 12 weeks. Train the fittest: 12 weekly workout plans based on Tyrone's unique method of combining HIIT with yoga, with clear photographs of the exercises and easy-to-use weekly workout schedules Eat the fittest: 60 recipes with photographs and accompanying meal plans, using supermarket ingredients and including time-saving and/or healthy tips and tricks Feel the fittest: essential yoga poses, with clear photographs, as well as breathwork exercises and self-care tips Be the fittest: motivational advice, goal-setting and encouragement to help you sustain the new, fittest you You'll need no gym membership or expensive ingredients to follow Tyrone's unbeatable fitness plan. And since the book offers questions to help you figure out what your current level of fitness is, you'll be able to start working out at a level that suits YOU. Are you ready to BE THE FITTEST?

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12 week personal training program cost: *Essentials of Strength Training and Conditioning* Thomas R. Baechle, Roger W. Earle, National Strength & Conditioning Association (U.S.), 2008 Now in its third edition, *Essentials of Strength Training and Conditioning* is the most comprehensive reference available for strength and conditioning professionals. In this text, 30 expert contributors explore the scientific principles, concepts, and theories of strength training and conditioning as well as their applications to athletic performance. *Essentials of Strength Training and Conditioning* is the most-preferred preparation text for the Certified Strength and Conditioning Specialist (CSCS) exam. The research-based approach, extensive exercise technique section, and unbeatable accuracy of *Essentials of Strength Training and Conditioning* make it the text readers have come to rely on for CSCS exam preparation. The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide a theoretical framework for application in section 4, the program design portion of the book. The final section offers practical strategies for administration and management of strength and conditioning facilities. -Section 1 (chapters 1 through 10) presents key topics and current research in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs. -Section 2 (chapters 11 and 12) discusses testing and evaluation, including

the principles of test selection and administration as well as the scoring and interpretation of results. -Section 3 (chapters 13 and 14) provides techniques for warm-up, stretching, and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises. -Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: anaerobic exercise prescription (chapters 15 through 17), aerobic endurance exercise prescription (chapter 18), and periodization and rehabilitation (chapters 19 and 20). Step-by-step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training programs are shared. Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. -Section 5 (chapters 21 and 22) addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals. *Essentials of Strength Training and Conditioning* also offers new lecture preparation materials. A product specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities, or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1,000 slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over 450 figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. *Essentials of Strength Training and Conditioning*, Third Edition, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice.

12 week personal training program cost: Maximum Strength Eric Cressey, Matt Fitzgerald, 2008-05-13 Most of the 23 million American men who lift weights do so to get bigger; unfortunately, many of them are going nowhere with watered-down bodybuilding routines that don't help them actually get stronger. Eric Cressey's cutting-edge four-phase program, featuring constant progression, variation, and inspiring goals, keeps you focused on increasing strength along with muscle mass, helping you achieve the fittest, most energetic, and best-looking body you've ever had-with fewer hours at the gym.

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12 week personal training program cost: The 12-Minute Athlete Krista Stryker, 2020-03-31

Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, *The 12-Minute Athlete* will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In *The 12-Minute Athlete* you'll also find:

- A guide to basic calisthenics and bodyweight exercises for any fitness level
- Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands
- More than a dozen simple and healthy recipes that will fuel your workouts
- Two 8-week workout plans for getting fitter, faster, and stronger
- Bonus Tabata workouts
- And so much more!

The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

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12 week personal training program cost: What Works for Whom?, Second Edition Peter Fonagy, David Cottrell, Jeannette Phillips, Dickon Bevington, Danya Glaser, Elizabeth Allison, 2015-11-12 The standard reference in the field, this acclaimed work synthesizes findings from hundreds of carefully selected studies of mental health treatments for children and adolescents. Chapters on frequently encountered clinical problems systematically review the available data, identify gaps in what is known, and spell out recommendations for evidence-based practice. The authors draw on extensive clinical experience as well as research expertise. Showcasing the most effective psychosocial and pharmacological interventions for young patients, they also address challenges in translating research into real-world clinical practice. New to This Edition

- *Incorporates over a decade of research advances and evolving models of evidence-based care.
- *New chapter topic: child maltreatment.
- *Separate chapters on self-injurious behavior, eating disorders, and substance use disorders (previously covered in a single chapter on self-harming disorders).
- *Expanded chapters on depression, anxiety, and conduct disorder.
- *Includes reviews of the burgeoning range of manualized psychosocial treatment packages for children.

12 week personal training program cost: Body for Life Bill Phillips, Michael D'Orso, 2002 NB: UK/EIRE RIGHTS ONLY The fitness no. 1 bestseller *Body for Life* is a twelve week programme that promises to Change Your Mind, Change Your Body, Change Your Life. Bill Phillips' exercise and nutrition plan has been proven to produce dramatic results for tens of thousands of people, whatever their state of fitness. The programme comprises weight training, aerobic exercise, a careful diet and in addition it addresses the reader's own personal goals and encourages personal transformation mentally not just physically. The tone of the author is that of a personal trainer and motivation coach in book form. The *Body for Life* Programme reveals:

- *how to lose fat and increase your strength by exercising less, not more
- *how to tap into an endless source of energy with his 'Power Mindset'
- *how to trade hours of aerobics for minutes of weight training - with dramatic results
- *how to feed your muscles and starve your fat with his eating plan
- *how resistance training can significantly increase your metabolic rate allowing you to burn fat and change the shape of your body

The principles behind the programme are simple yet powerful and they can work for you in as little as 12 weeks, transforming not only your body, but the way you live your life.

12 week personal training program cost: Community Health Nursing Stephen Paul

Holzemer, Marilyn B. Klainberg, 2014 Written in an accessible, user-friendly, and practical style, this text provides a focused and highly engaging introduction to community health nursing. It focuses on health care for people in their homes and where they live with an overriding emphasis on care of the client in the community, and the business and politics of community health nursing. This book is accompanied by a robust Companion Website full of online activities to enhance the student learning experiences.

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12 week personal training program cost: Summary of Gym Launch Secrets by Alex Hormozi Francis Thomas, 2023-09-26 Summary of Gym Launch Secrets by Alex Hormozi Alex Hormozi is a multifaceted individual known for his entrepreneurial prowess, philanthropic endeavors, and significant investments across various industries. Here's an in-depth look into his life, achievements, and contributions: Background and Early Life Alex Hormozi is a first-generation Iranian-American entrepreneur. He graduated from Vanderbilt University Magna Cum Laude in just three years, earning a BS in Human & Organizational Development with a focus on Corporate Strategy. After his academic pursuits, he worked as a management consultant for a boutique strategy firm for two years before venturing into the world of business. Entrepreneurial Journey In 2013, Hormozi took his first step into the business world by starting his brick & mortar business. Within a short span of three years, he expanded his business to six locations. However, instead of resting on his laurels, he sold these locations and transitioned to the turnaround business. Over the

next two years, he successfully turned around 32+ brick & mortar businesses using the model that had made his privately-owned locations thrive. Recognizing the potential of his business model, Hormozi packaged his process into a licensing model, which impressively scaled to over 4,000+ locations in just four years. During this period, he also founded and scaled three other companies across diverse industries, including software, service, e-commerce, and brick & mortar. These ventures collectively amassed \$120M+ in cumulative sales. Notably, he achieved this remarkable feat without taking on outside capital. Over the years, he has successfully scaled and exited seven companies, with his most significant exit being the majority sale of his licensing company for a whopping \$46.2M in 2021. In 2020, Hormozi transitioned from the role of CEO to an owner/shareholder position in these companies. He then founded Acquisition.com, a platform he envisioned as a means to invest both his monetary and intellectual wealth into other businesses. His investment portfolio, based on his thesis, primarily focuses on asset-light, high cash flow, sales-focused service, and digital products businesses. Here is a Preview of What You Will Get: [A Detailed Introduction](#) [A Comprehensive Chapter by Chapter Summary](#) [Etc](#) Get a copy of this summary and learn about the book.

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