



FOR WOMEN



UNISEX



FOR MEN



Signature Programs

Personal Training | Digital Personal Training | Nutrition

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<https://paulstemptraining.com>

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What are the Paul Stemp Training Signature Programs and how do they work?

The *Paul Stemp Training Signature Programs* are ten unique personal training programs.

These programs have been meticulously designed using proven sports science studies, my personal training experience, and extensive client trials since these programs were first developed in 2010.

The results are amazing!

From 2010 to the present day, every client has achieved a highly desirable body outcome, irrespective of whether they are a beginner exerciser, a fitness enthusiast or an elite level athlete.

The ten *Signature Programs* are divided into three training program categories – Women's, Unisex and Men's. These training categories allow men and women to experience up to seven training programs, structured over forty-two weeks of the year to achieve their health and fitness goals.

It may not take you forty-two weeks to achieve your goals, or you may not want to do personal training for forty-two weeks of the year. That's okay because shorter term goals (achieved within six to twelve weeks) and medium term goals (achieved within twelve to twenty-six weeks) are catered for within the *Signature Programs* training system.

The number of *Signature Programs* that a client does is reflective of how long it will take them to achieve their health and fitness goals. Keep in mind that each Signature Program shown within the Women's, Unisex and Men's training programs on the following pages, represents one four to six week block of personal training.

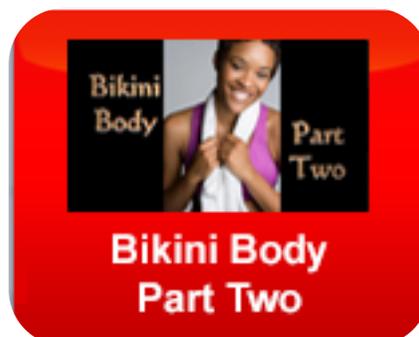


Women's Signature Programs

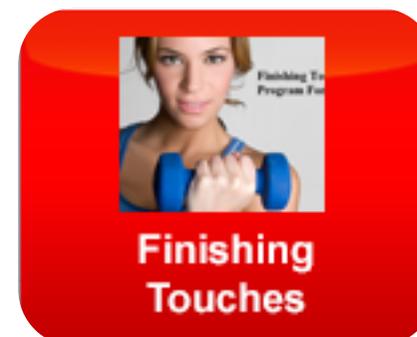
Visit: <https://paulstemtraining.com/pt/> for more!



- Three days per week training program.
- Unique training system – cardio included.
- Target areas: Arms, tummy, hips and thighs.
- Ideal starting point for inactive women.
- Beginner to intermediate training level.



- Three days per week training program.
- Higher intensity: Faster fat loss and muscle toning.
- Interval training included.
- 100% of women have experienced a significant reduction in size to their thighs, arms and waist.
- Intermediate to advanced training level.



- Three days per week training program.
- Add the finishing touches to your body.
- Body sculpting and defining via heavier training and drop-sets.
- Tougher core work.
- No cardio component.
- Intermediate to advanced training level.

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Unisex Signature Programs

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- Three days per week training program.
- Ideal for beginners or inactive individuals.
- Three by two-week training blocks.
- Traditional training splits plus cardio.
- Beginner to intermediate training level.



- Three days per week training program.
- Unique weight training and interval training formulas.
- Three by two-week training blocks.
- Highly effective fat and weight loss program.
- Beginner to intermediate training level.



- Three days per week training program.
- Plenty of variety – Super-sets, full and partial repetitions and a mini circuit.
- No cardio component.
- Body fat reduction and body sculpting.
- Forces the body to change shape quickly.
- Intermediate training level.



- Four days per week training program.
- High level weight and core training.
- No cardio component.
- Highly effective for women and men after the Finishing Touches Program, Chicago Program, Hawks Burn! Program or the Final Curtain Program.
- Advanced training level.

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Men's Signature Programs

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- Three days per week training program.
- Decreases body fat and increases muscle mass.
- Interval cardio included.
- Intermediate training level.



- Four days per week training program.
- High level weight and core training.
- No cardio component.
- Ultimate program for men who are training for photo shoots or TV work.



- Three days per week training program.
- High level maintenance program.
- Can be used before or after the Miami or New York Training Programs.
- Intermediate to advanced training level.

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Client Testimonials

Visit <https://paulstemptraining.com/> for more!



James Miller

"I had to be naked on stage for a play that I was featuring in. "Paul tailored a specific workout and meal plan for me to follow and I ended up getting down to around 5% body-fat after doing his Hollywood Program. "I would highly recommend him to anyone looking for a personal trainer who will work with you to achieve your goals."

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Michael Dimopoulos

*"When I began, I was over 90kg, I felt soft and I was unfit. Paul's programs are exactly the type of programs that I like!
"His training style is engaging, I feel great and my friends are always complimenting me. I have the deepest respect for Paul and would highly recommend him."*



Christine Al-Badine

*"I've always struggled with my weight. Being overweight drained my energy levels and I avoided social gatherings.
"Paul Stemp has changed my life!
"Now that I'm 35kg lighter, I'm more confident in wearing that fitted dress and there's no more hiding in corners!"*



Bruce Uden

*"When I started training with Paul, I had a fractured shoulder and a bad lower back. Noticable changes occurred within a few weeks and after a few months, I had regained my mobility, my body weight decreased and my muscle tone improved!
"I fully recommend Paul's Signature Programs."*

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Seize the Moment!

If you are

- Ready to make the lifestyle change that will deliver all of your health and fitness goals safely and within a realistic time frame – **contact me today to arrange your free client consultation.**

If you would like

- Additional information regarding my *Signature Programs*, including personal training and gym membership rates, etc.,

Please contact me by phone on 0498 045 995, or via email to paul@paulstemp.com.au.



To put your mind at ease regarding the financial investment you are making towards achieving your health and fitness goals, I offer every personal training client a 100% money back guarantee if you are not completely satisfied with the training outcomes you achieve while training with me.

Some minor conditions apply regarding the 100% money back guarantee and these conditions will be discussed with you during your client consultation.



I'm looking forward to hearing from you soon and working with you to achieve your health and fitness goals at Snap Fitness – 160 Queen Street, Melbourne.

Yours in health,

Paul Stemp

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