

CrossFit®

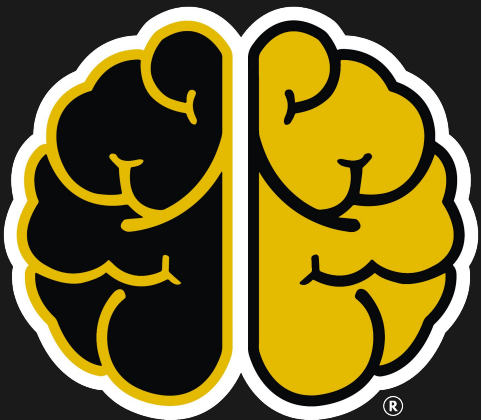
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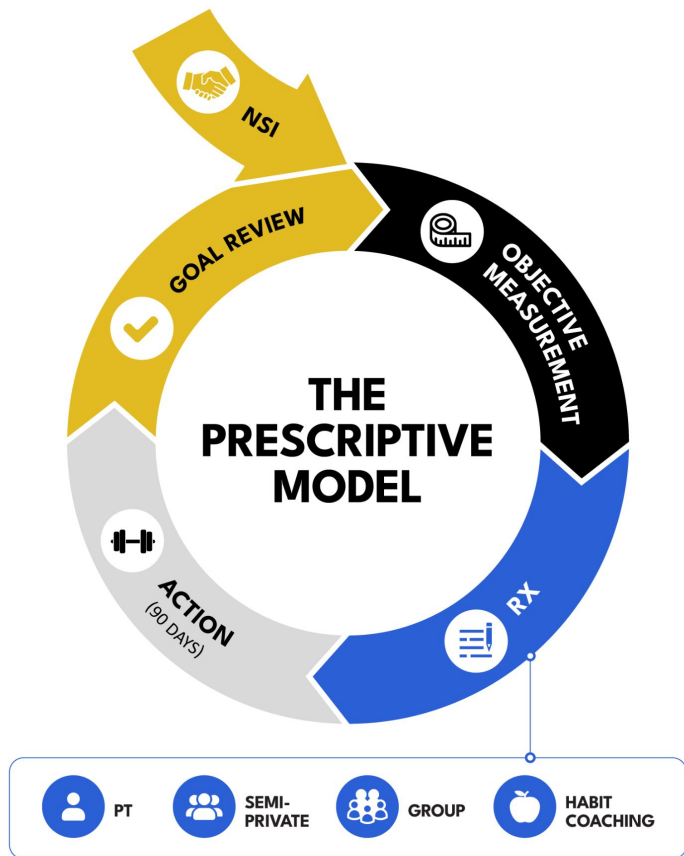




Beyond Group Class – Lessons from Scaling to \$100K a Month







No Sweat Intro (NSI)

1. What is the problem?
2. Tangible goal
3. Emotional connection
4. Consequence of not acting



**\$1.000.000 question:
“1-on-1 or Group?”**

Goal Review (GR)

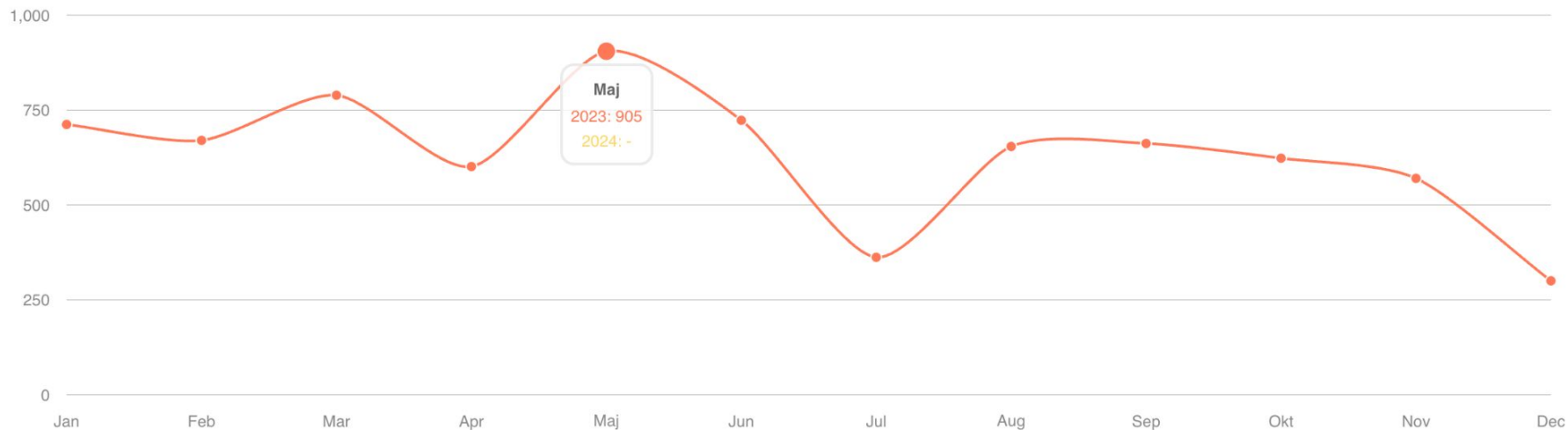
1. Celebrate progress
2. Identify Area of Improvement
3. Agree on new prescription



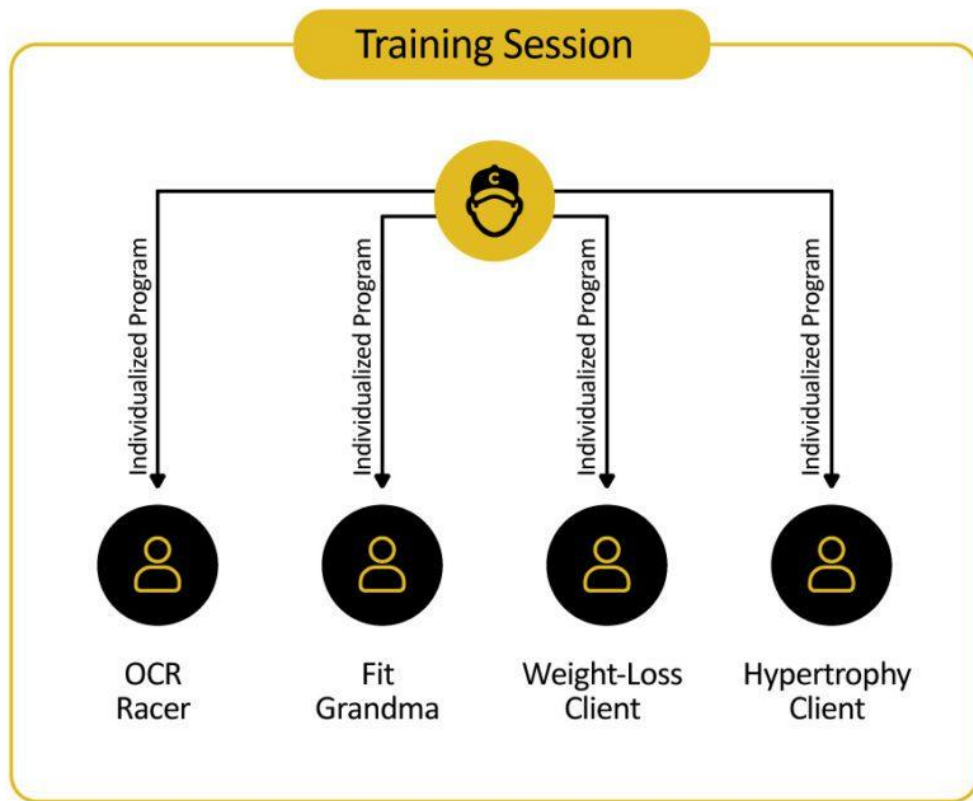
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RESURSBOKNINGAR

Från 2023-01-01 till 2024-01-01 Visa Månader ▼



Semi-Private Training



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 Hustle Up[®]

