

What is Warrior® Operation Transformation?

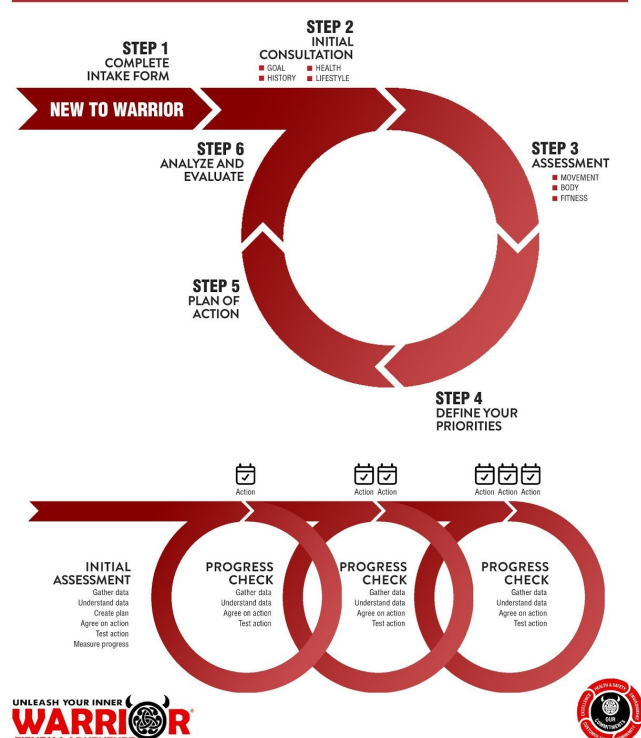
The OT program is grounded in nutritional and sport science, wellness and psychology. Our mission is to help you achieve safe and healthy results. We do not promote shakes, pills or gadgets, no pseudoscience, no hidden costs or scams. All our coaches are internationally certified professionals.

Operation Transformation (OT) is a health and fitness program delivered by Warrior® Fitness and for the upcoming series, OT 8.0 is powered by Precision Nutrition, the globally recommended online nutritional program.

This program is suitable for those who wish to improve their health, get leaner, feel better, improve their mental or athletic performance. Precision Nutrition Coaching is not a short-term “diet”. It is more than a **“workout”** program with a system of research-based practices that empowers our clients to take charge of their eating and movement — and make healthier choices for life.

How does it work?

THE WARRIOR® FITNESS SYSTEM



Warrior® OT Coaching System

1. Needs Analysis:

We begin with an initial personal consultation where we will assess your:

- Goals
- History
- Health
- Lifestyle
- Body
- Fitness

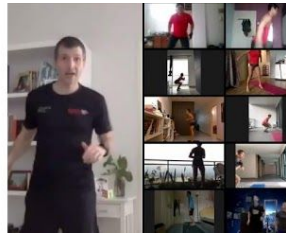
2. ProCoach:

You will also get personal access to your ProCoach world-class nutrition coaching platform (both web and app) where you will receive

- Personalized plan of action
- Personalized nutritional coaching
- Daily lessons, habits, check-ins, journaling and more
- Personalized coaching support

We understand it takes wisdom, humility, and guts to admit you could use some support.





3. Provide Skills and Personalized support

- **Supermarket visit:** The coach takes you down the supermarket aisle to advise the recommended foods types; what is ideal and what to avoid.
- **‘Coffee hour’:** Periodic meet-up sessions between the coach and other fellow participants to share their experiences, challenges and successes.
- **Cooking demonstration** – Learn how to prepare easy healthy meals. You will also receive recipes to try out.
- **One-on-one Zoom meeting follow-ups with your coach**
- **Special access to talks and workshops**
- **Reminders and motivational messages**
- **Fitness (Optional)** For the workout portion of the program, you can choose any activity and location you feel comfortable in, provided the environment is conducive to the workout. Warrior® Fitness and ProCoach have an array of professional outdoor, indoor, online group training or personal coaching options.

Are there real Coaches?

Yes! Conor McManus in Penang and Ian Edwards in Kota Kinabalu will be your coaches throughout your journey with us. They are both certified PN Level 1 coaches and have helped many in Warrior® Fitness to successfully achieve their health and fitness goals.

Click photo for the coach's bio.



Why Warrior®?



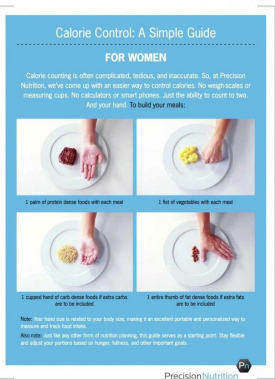
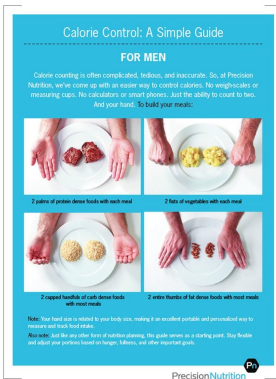
Established in 2010, Warrior Fitness & Adventure Sdn Bhd began with a few one-hour outdoor group personal training sessions to currently over 30 scheduled weekly sessions. We also have a handpicked team of internationally certified coaches, who are mission-focused on helping you achieve your goals and be fitter and healthier. Our coaching is underpinned by a professional code of conduct.

Click [HERE](#) to read **OUR CODE OF CONDUCT**.

Why Precision Nutrition?

Precision Nutrition Coaching is a 12-month total health transformation program that guides you through important—yet sustainable—changes in your eating and lifestyle with help from an expert coach. To date, over 100,000 clients have transformed their bodies and health in amazing ways.

Precision Nutrition has helped thousands on their road to health and wellness, from beginners to professional athletes.



TODAY

Did you do your habit?

Today's habit: Eat 5 servings of colorful vegetables/fruit

YES

NO

TODAY

How to get your colors

Colorful fruits and vegetables add value to your body. Simple.

Takes About 15 Mins

Do Later

Resources from Precision Nutrition

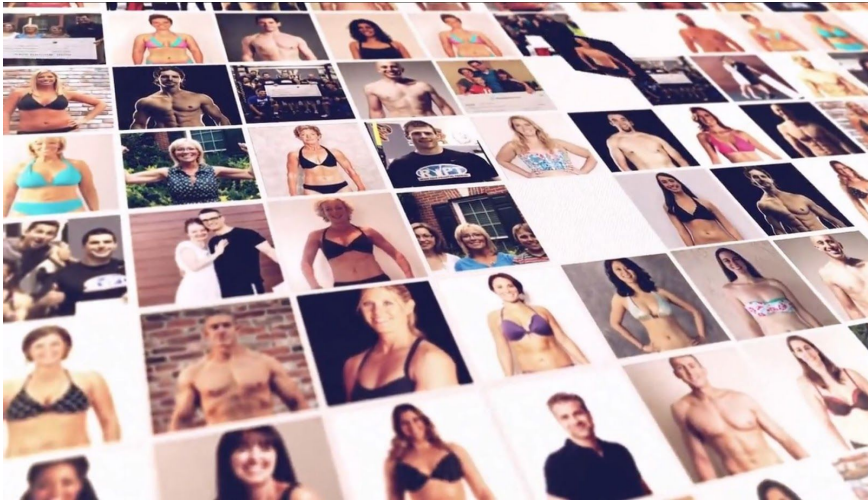
Click to learn more.

About Precision Nutrition

Pn

Precision Nutrition

Click to watch videos



Watch ProCoach Promotional Video



Online Nutrition Coaching
Helping clients get in the best shape of their lives

Jenn

Women's Coaching Client

Pn

Coaching for Women

Carm

Men's Coaching Client

Pn

Coaching for Men

When can I start?



The coming Warrior Operation Transformation will begin on
Saturday, January 16, 2021
You will start to learn and build good sustainable habits to help you carry on for a lifetime. As this is not a quick fix weight-loss program, significant changes will take beyond the initial eight weeks as you continue with the Precision Nutrition Online Nutrition Coaching that goes on for the rest of the year.

“A year?”
Yes. For a program to be successful, it must be one that is sustainable. And that means building up at a reasonable and steady pace.

52 weeks of **support.**
365 days of **accountability.**
A lifetime of **benefits.**

How much?



MYR7776
app purchase for
the year.

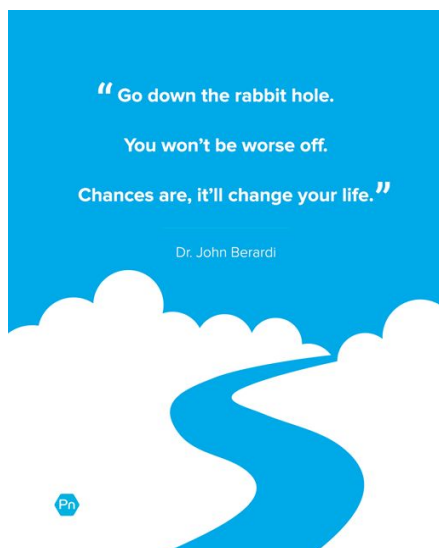


MYR768
app purchase for a
1-month membership*.
* A minimum of 1 year



If you sign up before
December 15, 2020.
Call us NOW!

Fees quoted exclude fitness training sessions with Warrior®.



I am ready! Where do I sign up?

Send an e-mail to
info@warriorfitnessadventure.com

We will respond and let you
know how to move on from here.
Let's unleash the healthier you!



Don't struggle on your own.
Get lasting results you never
thought possible with expert
nutrition coaching and
accountability from Warrior®
Operation Transformation
and Precision Nutrition.

The next step is up to you.



Contact us

018-2827567

info@warriorfitnessadventure.com

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11200 Tanjung Bungah, Penang

Warrior Fitness & Adventure

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