



PRODUCT CATALOGUE



WWW.GYMPADFITNESS.COM



TRACK / PROGRESS / ACHIEVE



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"CANT REMEMBER WHERE YOU STARTED?
YOUR GYMPAD KNOWS" - GYMPAD

WHO ARE WE?

The team at GymPad is comprised of 3 Fitness Professionals all of which graduated from The National Personal Training Institute in Orlando, Florida. Since graduation we have created a platform of various workout journals and have brought some of the most effective exercise tools to the market.

WHY TRACK YOUR WORKOUTS?

At GymPad, we believe logging your workouts is essential to success, no matter what your fitness goal. Pre-programming your workouts, before you go into the gym gives you a solid sense of direction. Noting your set's, reps and weight gives you a visual representation of your progression as you work your way through the book, keeping you motivated and determined at all times. It's a brilliant feeling flicking back after completing a journal and seeing just how far you have come!

WHY ARE GYMPADS SUITABLE FOR PERSONAL TRAINERS AND GYMS?

GymPad's are the perfect addition to any Personal Trainer's package. From our own personal experience we have found that using a journal to track your clients workouts is the neatest, most organised way to aid them in achieving their goals. Why? Having a physical journal, which you (as a personal trainer) share with your client, enables you to both visually see strengths and weaknesses in their training, whilst constantly monitoring their progression. You can also pre-programme workouts for them in advance, so they can complete in their own time before their next training session with you.

CAN I HAVE IT PERSONALISED?

At GymPad we offer a full, front cover/back cover personalisation option, including logo's etc (Please see examples attached on page 6). The minimum order quantity for personalised books is 20 units. We also offer logo services too for your business! Let us know if you need a logo designing. For more information on this, please email us at gympadinfo@gmail.com.



FOR ENQUIRIES PLEASE EMAIL : GYMPADINFO@GMAIL.COM



GYMPAD WORKOUT JOURNAL

KEY FEATURES

- / A5 Size (14.8x21cm)
- / 60 Stylish Workout Templates
- / 140GSM Premium High Quality Paper
- / Motivational Quotes & Tips Every Day
- / Over 25 Pages of Useful Resources
 - / 1 Rep Max Table
 - / Nutritional Information
 - / Calendar
 - / Measurements Pages
 - / Conversion Tables
 - / Notes and much more
- / Before & After Photo

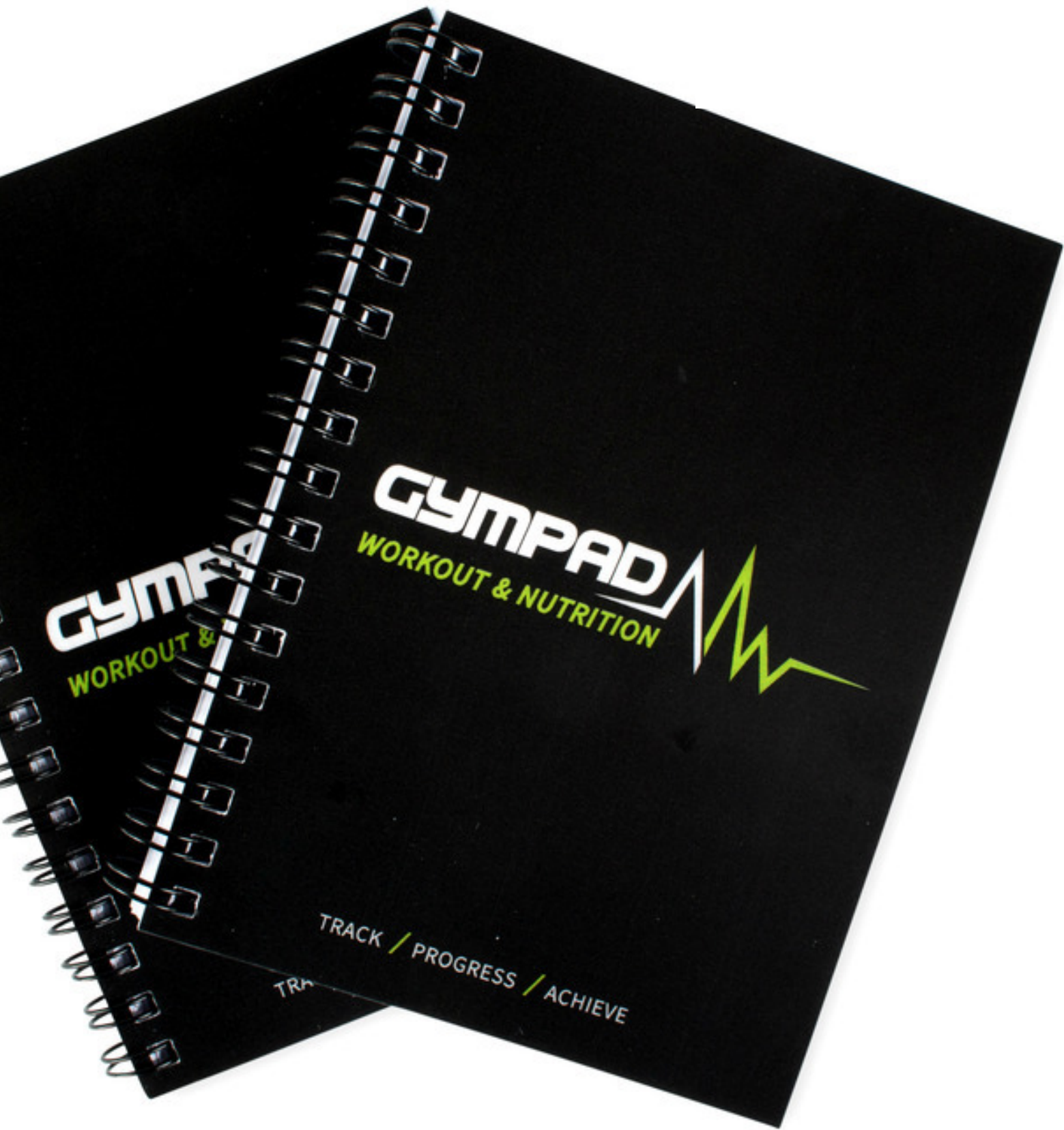




GYMPAD NUTRITION AND WORKOUT JOURNAL

KEY FEATURES

- / A6 Size Journal
- / 50 Stylish Workout Templates
- / 50 All New Nutrition Log Templates
- / Premium High Quality Paper
- / Motivational Quotes Every Day
- / 4" x 5" Pocket Sized Design
- / Resources
 - / How To Calculate Your Macro's
 - / My Recipes
 - / Common Foods
 - / Conversion Charts
- / Notes Pages





GYMPAD MINI WORKOUT JOURNAL

KEY FEATURES

- / A6 Size Journal
- / 100 Stylish Workout Templates
- / Premium High Quality Paper
- / Motivational Quotes Every Day
- / 4" x 5" Pocket Sized Design
- / Measurements Pages Every 25 Workouts
- / Notes Pages



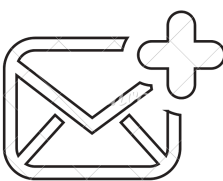
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GYMPAD WORKOUT WALL PLANNER

KEY FEATURES

- / A2 Sized Wall Chart
- / Track 12 Weeks of Daily Workouts
- / Tick Box Layout - Never Miss A Muscle Group Again
- / Great Motivational Tool
- / Weekly Measurements Section
- / Premium High Quality Paper
- / Great FREE Gift To Your Client



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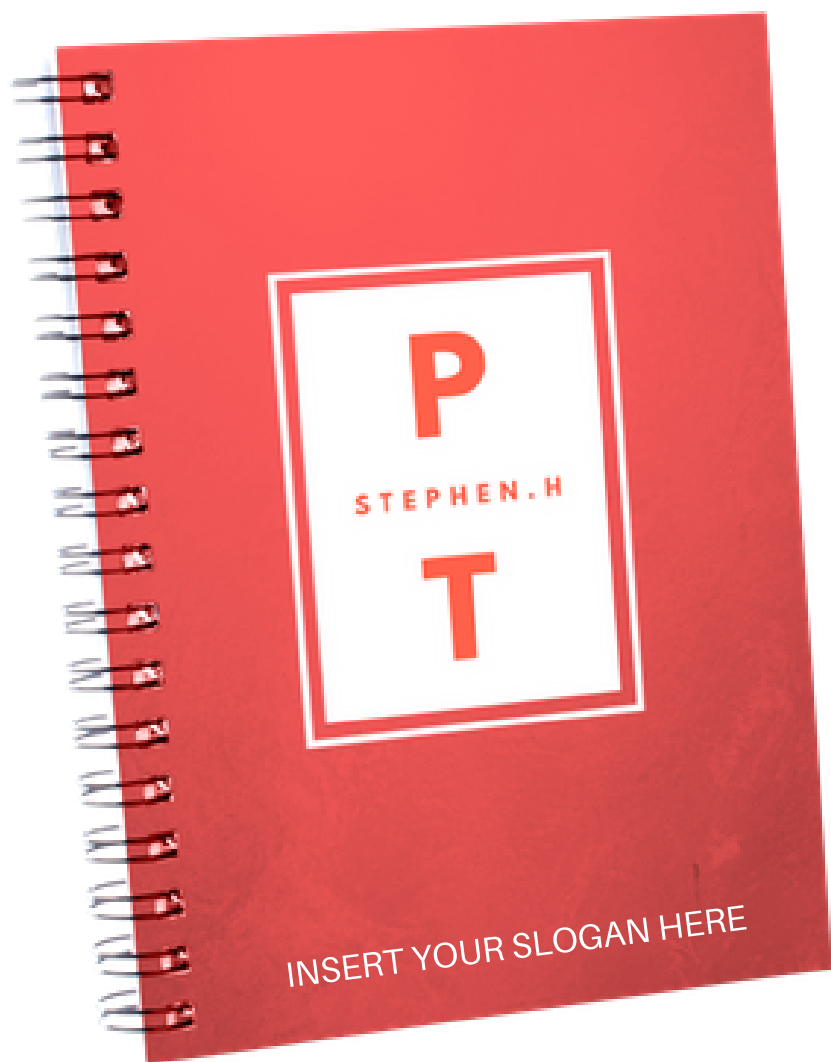
GYMPAD CUSTOMIZATION

KEY FEATURES

As a Personal Trainer you know how competitive it is in this day and age. Everyone wants to get fit and with an increasing number of personal trainers now in the industry you need to stand out from the crowd.

Here are some examples of previous customised front covers we have produced. Insert your own logo directly on the front cover of the book, with a background of your choice. Design opportunity is endless here, simply tell us your idea and we will do our absolute best to make it work!

Contact us today for more information on customisation!



NEED A LOGO? ASK US ABOUT LOGO DESIGN TOO!

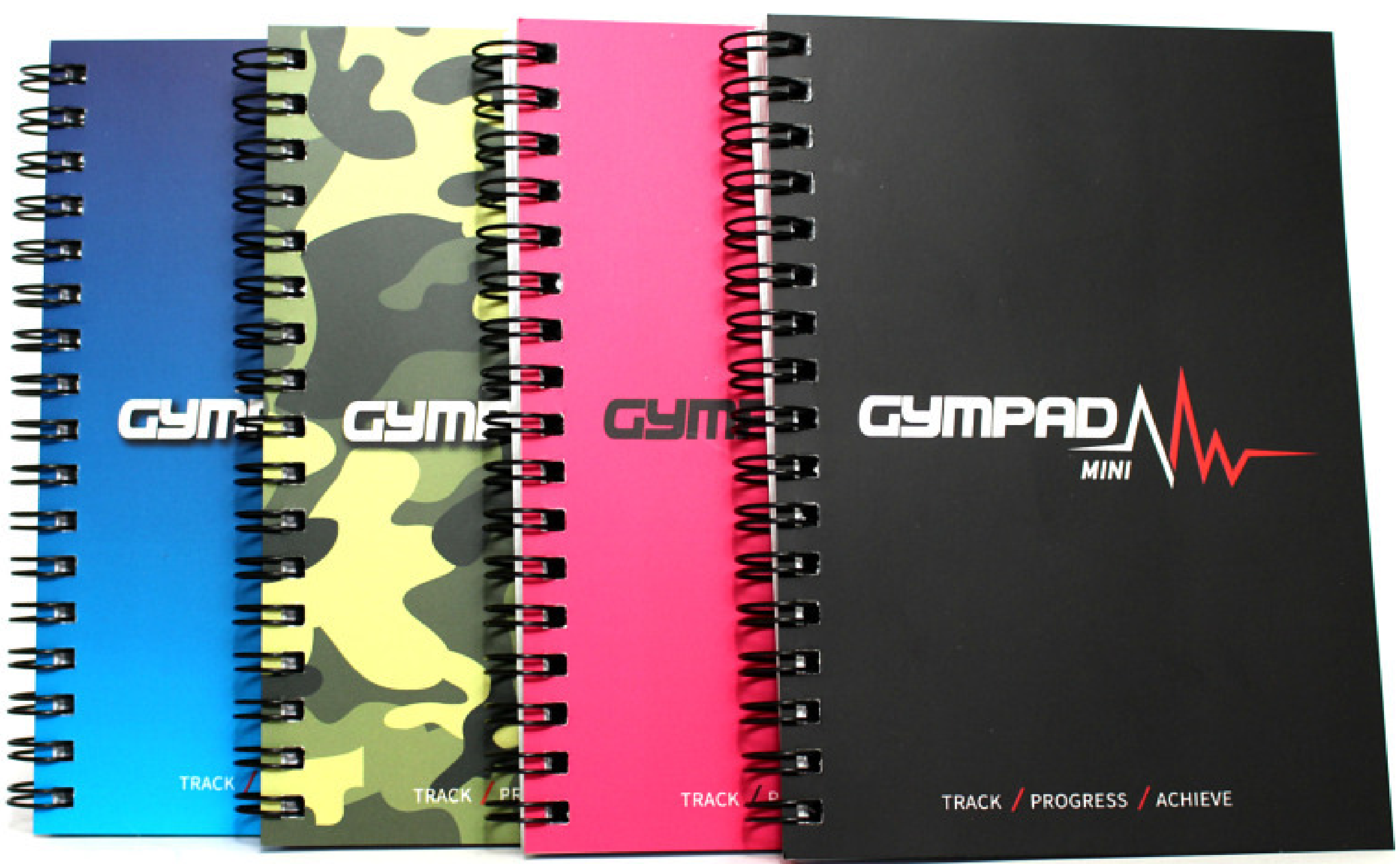


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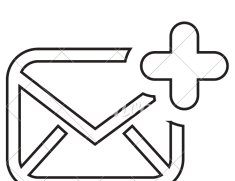
THANK YOU

Thanks for taking the time to read our product catalogue. We hope you like our products. If you have any questions or require any more product photos or information please do not hesitate to contact us at gympadinfo@gmail.com.

Tracking your clients progress and workouts is essential for retention and motivation. We hope you can use GymPad to further your clients progression to achieve more.

If you are new to the personal training industry, this is a perfect opportunity to set yourself apart from the others. We offer super low prices on low quantities, especially for first orders!

Contact - gympadinfo@gmail.com for wholesale quotes and customisation.



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