

PI4L Program Level	Description	Available Programs	Intensity - Elements
<p>Level 1 (Condition)</p> <p>Circuit Burn L1 & introduction to split routines L1 <i>"I promise you'll get used to it"</i></p>	<p>Introduction to strength training exercises, basic principles, increasing your strength, flexibility & burning body fat. Equipment: Machines, resistance bands & body weight.</p>	<p>Engineering4Life 12 Weeks to a NEW You! 30 Minute Trainer Custom Training PE60</p>	<p>Beginner; fat burning, conditioning, flexibility, pushups L1, Abs L1, Abs 2 sculpt, Butt Busters 1, Yoga 1 Introduction</p>
<p>Level 2 (Tone)</p> <p>Circuit Burn L2 & Split Routine L2</p>	<p>Introduction to using Free Weights, form, breathing, core stabilization & more. Equipment: Free weights, resistance bands, Machines, body weight & Tower.</p>	<p>Engineering4Life 12 Weeks to a NEW You! 30 Minute Trainer Custom Training PE60</p>	<p>Beginner; Fat Burning, Toning, building, flexibility, pushups L2, Abs L2, Butt Busters L2, Yoga L2</p>
<p>Level 3 (Remodel)</p> <p>Circuit Training L2 & Split Routine L3 <i>"Now you know the secret"</i></p>	<p>Intermediate free weight principles, Introduction to muscle biomechanics, Timing, Intensity, combo movement. Equipment: Machines, Free weights, resistance bands & body weight, stability ball, Medicine Ball, Tower.</p>	<p>Engineering4Life 12 Weeks to a NEW You! 30 Minute Trainer Custom Training PE60</p>	<p>Intermediate; Remodeling, building, flexibility, Pushups L2, Abs L3, Butt Busters L3, Yoga L3</p>
<p>Level 4 (Sculpt)</p> <p>Circuit Training L3 & Split Routine L4</p>	<p>Intermediate free weight principles continued, Time, tempo, Intensity, combo movements, scooping, switching, super setting & more! Equipment: Free weights, & body weight, stability ball, Medicine Ball, Machines, Tower.</p>	<p>Engineering4Life 12 Weeks to a New You2! Custom Training PE60</p>	<p>Intermediate; Muscle sculpting, building, flexibility, Pushups L3, Abs L4, Butt Busters L4, Yoga L4</p>
<p>Level 5 (Burn)</p> <p>Circuit Burn L3 & Split Routine L4 <i>"my clients think I am insane"</i></p>	<p>Push your limits! Introduction to the burn, advanced switching, super setting, giant sets & more! Equipment: Machines, body weight, stability ball, Medicine Ball, Free weights, Tower, pull up bar & more!</p>	<p>Engineering4Life 12 Weeks to a New You2! Custom Training PE60</p>	<p>Intermediate-Advanced Fat burning, muscle sculpting, building, flexibility, Pushups L4 & Pull-ups L1 Abs L4, Thigh Busters, Butt Busters L5, Pilates 1, combo pushups and more!</p>
PI4LX Extreme Series	PI4LX Extreme Series	PI4LX Extreme Series	PI4LX Extreme Series
<p>Level 6 (Confuse)</p> <p>4 scrambled circuits, a bonus round, 4 different routines & an Extreme abs, legs & Glute day! <i>"Do you have what it takes?"</i></p>	<p>Introduction to muscle confusion, static and ballistic movements, max outs, advanced pushups, pull-ups, abs, Kickboxing moves, yoga and core movements. Equipment: Free weights, body weight, Tower, pull up bar, pushup stands & more!</p>	<p>Engineering4Life 12 Weeks to a New! You2! PI4LX Extreme Series</p>	<p>Advanced; Fat burning, muscle building, advanced FW technique, Extreme Abs, legs, & glutes day guaranteed to make you legs numb for a while! Oh & pushups /Pull-ups until you fail!</p>
<p>Level 7 (Sweat)</p> <p>4 scrambled circuits, a bonus round, 7 different routines & a Medicine Ball Madness day! <i>"Upside down pushups anyone?"</i></p>	<p>Next level muscle confusion, advanced static and ballistic movements, max outs, advanced pushups, pull-ups, abs, Kickboxing moves, and core movements. Equipment: Free weights, body weight, Tower, pull up bar, medicine balls, pushup stands & more!</p>	<p>Engineering4Life PI4LX Extreme Series</p>	<p>Advanced; Fat burning, muscle defining, advanced FW technique, Extreme Abs, advanced pushups, Medicine Ball Madness routine guaranteed to make your fat drip off your body!</p>

PI4LX Extreme Series	PI4LX Extreme Series	PI4LX Extreme Series	PI4LX Extreme Series
<p>Level 8 (Stabilize)</p> <p>4 scrambled circuits, a bonus round, 5 different routines all with one arm and one leg! Add an interval core cardio routine and you are in for a wild ride.</p> <p><i>" I dare you to look down"</i></p>	<p>Core work like you have never experienced, advanced stability exercises, completely isolated, you will use every muscle in your body just to keep from falling over.</p> <p>Equipment: Free weights, body weight, Tower, pull up bar, balance board, medicine balls, stability ball, pushup stands & more!</p>	<p>Engineering4Life PI4LX Extreme Series</p>	<p>Advanced; Fat burning, advanced FW technique, Advanced stabilization, Extreme Abs, Interval Core Cardio day. These routines are guaranteed to make you fall over, get back up and start again!</p>
<p>Level 9 (Shred)</p>	<p>Coming SOON</p>	<p>Engineering4Life PI4LX Extreme Series</p>	<p>Coming SOON</p>

Pricing Schedule

PI4L Programs	Price / Session	Session Duration	Program Level
Engineering4Life 6 Month Total Body Makeover	\$65-\$75	60 Min	1-5 Beginner Intermediate
12 Weeks to A New! You	\$60	60 Min	1-3 Beginner
*30 Minute Trainer Program	\$35 - \$45	30 Min.	Beginner Intermediate
Custom Training Package PE 60 (12 Session min.)	\$70	60 Min	Beginner Intermediate
Custom Training Package PE 30 (12 Session min.)	\$45 - \$50	30 Min.	Beginner Intermediate
*PI4LX Extreme Series Level 6-9	\$65-\$75	60 Min	Intermediate Advanced