

"I CAN SEE AND FEEL DIFFERENCES NOW"



WHY CONSISTENT CROSSFIT BEATS YOUR SOLO WORKOUT ROUTINE

Stop wasting hours guessing on a commercial gym floor.
Here is how training 3-5 days a week at CrossFit
Renegade changes everything.

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YOU BOUGHT A COMMERCIAL GYM MEMBERSHIP BECAUSE IT WAS CHEAP,

but three weeks in, you are staring at a row of broken treadmills wondering what to do next. You wander over to the dumbbells, do three sets of whatever exercise you remember from college, and leave feeling like you wasted an hour.

YOU THINK SAVING MONEY ON A CHEAP GYM MEMBERSHIP IS A WIN,

until you realize you have not made a single change in six months. You show up with no plan, get bored half-way through, and quit early because nobody is watching.

DOES THIS SOUND LIKE YOU?

- Wandering around a conventional gym floor with no idea what to do next
- Getting bored by doing only what is comfortable and what you know
- Doing movements incorrectly until a nagging joint injury stops you from coming
- Skipping workouts because nobody notices or cares if you show up

REASON No. 1

YOU DO NOT NEED TO LIVE AT THE GYM TO TRANSFORM YOUR BODY AND YOUR LIFE.

PEOPLE WHO COME 3-5 DAYS PER WEEK CONSISTENTLY MAKE PROGRESS FASTER THAN THEY THOUGHT THEY WOULD, HITTING PRS WHILE STILL MANAGING A DEMANDING CAREER AND BALANCING FAMILY LIFE.

- Locking in 3-5 days per week that fit your hectic professional schedule
- Bailing out of the all-or-nothing mindset that burns you out by February
- Accumulating momentum when you stop skipping the gym
- Watching James drop over 40 lbs after sticking to a clean three-day rhythm for only 4 months

REASON No. 2

YOU NEED A PLACE WHERE THE NOISE OF A 60-HOUR WORK WEEK SHUTS OFF THE SECOND YOU WALK THROUGH THE DOOR.

THE GYM IS YOUR HAPPY PLACE, WHERE YOU DO YOUR BEST THINKING BECAUSE YOU ARE ENTIRELY FOCUSED ON THE WORKOUT IN FRONT OF YOU.

- Sweating alongside friends who push you without the ego
- Meeting people in your local community you would never cross paths with otherwise
- Leaving work stress behind the moment the white board instructions start
- Looking forward to walking into the gym instead of dreading your exercise routine

REASON No. 3

YOU DO NOT HAVE TIME TO FIGURE OUT BARBELL MECHANICS OR RISK A LOWER BACK TWEAK ON DEADLIFTS.

WE TELL YOU WHAT TO DO, GIVE YOU INDIVIDUALIZED CORRECTIONS, AND SCALE EVERY WORKOUT TO MATCH YOUR EXACT SKILL LEVEL AND DAILY RECOVERY.

- Getting professional eyes on your form during every single movement
- Scaling the workout intelligently so you don't get stopped by an injury
- Stopping the guesswork of programming your own training sessions
- Leaving your ego at the door and letting the coach dictate the stimulus

YOU HESITATE AT CROSSFIT PRICING BECAUSE YOU ARE COMPARING IT TO A BASIC GYM MEMBERSHIP, BUT YOU ARE PAYING FOR AN OUTCOME INSTEAD OF AN EMPTY ROOM.

IF YOU SIMPLY SKIPPED BUYING A COFFEE EVERY DAY OR ATE OUT ONE LESS DAY PER WEEK, YOUR MEMBERSHIP IS ENTIRELY COVERED.

- Viewing your gym investment as preventative healthcare instead of an expense
- Trading future medical bills and mobility issues for strength in your 30s and beyond
- Realizing that exercise and healthy eating are hard, but chronic disease and physical decline are much harder
- Choosing your hard right now so you can physically do what you want for decades

YOU MAKE THINGS TOO COMPLICATED BY OVERTHINKING MACROS, SPLIT ROUTINES, AND OPTIMAL RECOVERY WINDOWS.

ALL YOU HAVE TO DO IS SHOW UP, PUT IN THE WORK, AND LET OUR PROGRAMMING AND COACHING DO THE HEAVY LIFTING FOR YOUR PROGRESS.

- Walking into the gym knowing the workout is already mapped out for maximum impact
- Feeling the exact moment when 'I can see and feel differences now' becomes your reality
- Trusting a proven process that rewards showing up over obsessing about the end outcome
- Embracing the fact that your best looks different every day



READY TO TRANSFORM?

Stop wasting time guessing on a commercial gym floor and book your free introductory consultation at CrossFit Renegade today.

BOOK NOW

