

# 'Transform Bodies from I Wish to I have,' while enjoying the life you deserve!

Become a part of a fantastic team of certified fitness professionals while reaping the rewards of being your own boss, setting your own schedule and securing your financial future. If you want to live your passion

ment masters program. After graduating college, Monique obtained several Certifications including, ACSM, NASM, Yoga Fit Training Systems, Master Instructor with the Pilates Coach and Bender Training Systems, in addition to Special Populations Certification from the Coopers Institute. Monique has held several multi-club management positions and progressed into Executive Management

## Does the IMT need to be certified?

Yes. In order to be a part of Lafemme Mobile Gym and become an IMT you must have a current National Certification\* and CPR Certification. The National Certification must be in Personal Training or Group Exercise by one of the following institutions, NASM, ACSM, NSCA, ISSA, ACE, AFAA, NFPTA, Coopers Institute. The IMT has 90 days from the signed date of Agreement to pass,



while having a fun, flexible and financially rewarding career then Lafemme Mobile Gym is for you!

## Start Today with 4 easy steps:

1. Complete the Lafemme Mobile Gym IMT Agreement
2. Await the arrival of your IMT Starter Kit
3. Start your new career as an IMT by booking your first client consultation
4. Begin to grow your business by sharing the opportunity to change lives through fitness

## The History of Lafemme Mobile Gym and it's Founder.

Fit for LaFemme, Incorporated (the "Company") was founded by Monique Hollowell, a passionate professional that develops

fitness solutions for the general and special populations. Monique Hollowell was a former intercollegiate athlete at the University of Washington in Seattle. She graduated with a BS degree in Zoology and minor in Anatomy and Physiology. Monique continued on to one year of graduate study at the University of San Francisco in the Sports and Fitness Manage-



of a health club chain over seeing a multi-million dollar personal training division. Monique's transition into motherhood and continued zeal for fitness created Lafemme Mobile Gym. She is also a National Fitness Presenter having presented at IHRSA, IDEA, Body, Mind Spirit and Fit Fest. She has recently published Bellie Fit Basics and is the host of TheFitnessIQ Radio Show.

## What are the advantages of being a part of Lafemme Mobile Gym?

Lafemme mobile gym is a unique company where fitness comes to you, along with a phenomenal business opportunity to create the life you deserve as an entrepreneur. As an Independent Mobile Trainer (IMT) you are in business for your self but not by yourself. The work has already been done for you with our proven methods versus you spending thousands of dollars testing your own methods with systems and ideas which may not lead you in the best direction towards success. You receive Brand Name recognition, proven programs, systems and marketing tools that have been a proven success for us.

## Is Lafemme Mobile Gym just for Women?

No, Lafemme Mobile Gym is not just for women. We promote fitness for everyone. We encourage both men and women to become a part of our group in addition to both men and women taking advantage of our services.



complete and submit certifications to Fit for Lafemme, Inc. \*Others can be accepted based upon Company approval.

## What Programs can I offer?

Lafemme Mobile has standard services in which they offer, those services include, Weight loss, Body Sculpting, Nutrition Coaching, Pilates, Yoga, Special Populations, Youth Conditioning, Sports performance, Fitness Bootcamp Classes and Virtual Coaching. Each IMT will be slightly different due to the individual's specialties, expertise and choice of business options. We do not limit the IMT in the fitness services in which they can provide as long as they are within the Agreement guidelines.

## What kind of IMT can I be?

Lafemme Mobile Gym invites IMT's who only want to service close friends and family, short term IMT's who want to service for a short period of time with



La Femme  
**MOBILE GYM**

minimal commitment, an IMT who currently has an occupation but has passion for fitness, the tax break IMT who needs a great business tax write off, a part-time IMT who needs to make a certain amount of money to pay for extra expenses or the Business



Building IMT who views Lafemme Mobile Gym as a life changing career, and knows it can provide a full-time income, they want to pursue management and move up the career ladder!

### **What about professional liability and insurance protection?**

Each IMT will need to have professional liability and insurance protection. IDEA and ACE as well as other companies offer its members Professional Liability Insurance protection. Depending on your coverage you are looking between \$300-\$500 per year. Upon completion of your IMT agreement, Fit for Lafemme, Inc. will require a Certificate of Insurance naming Fit for Lafemme as an additional Insured. This costs you no extra money and is common practice with insurance.

### **What other kind of start up cost can I expect?**

Start up expenses can vary. You have a minimum Starter Kit investment of \$199 to get started and options from the A1 A Carte Menu to enhance your Lafemme Mobile Gym service. As an Independent Contractor you are responsible for your own supplies in order to run your business (for ex. Transportation and office).

### **How much can I make with a minimum investment of time and money?**

All income potential is solely based off of your hard work and dedication. We do not make claims as to what kind of income you can make but, you have the great entrepreneur opportunity to largely influence

your future income. Remember, it's your business, and you can work as little or as much as you like! The more clients you service, in combination with the team you build, will greatly increase the money you can make.

#### *Average Annual Earnings:*

Independent Mobile Trainer (IMT) (working 20-30hrs./wk) = \$72k\*

\*Earnings information represents company averages and is not guaranteed.

### **What exactly do I get with the Starter Kit?**

The Starter Kit will get you on your way as an IMT! The Starter Kit includes the Lafemme Mobile Gym car window decal, member brochures, business opportunity brochures, business cards, member contracts, the IMT training manual, a Lafemme Mobile Gym Tee and the Lafemme Mobile Gym Bag (website is also available as a monthly fee option)

### **How long will it take before I am up and running?**

All IMTs receive their Starter Kit within one week of submitting the IMT agreement! Your level of motivation, experience, and resources will affect your start-up time. We suggest you give yourself at least 4 weeks to go through the manual, understand the business and schedule your first consultations.

### **Do I receive recognition and rewards?**

Absolutely! We at Lafemme Mobile Gym enjoy celebrating success. The IMTs receive individual, team and company recognition for their performances. The IMT has the opportunity to receive cash bonuses, awards, vacations and the opportunity to win their own Lafemme Mobile Gym car!



**Independent Mobile Business Opportunity**  
*"Transforming Bodies from I Wish to I Have,"*  
**While Enjoying the Life You Deserve.**

