

# THE WORKHORSE:

## **4 IN-PERSON SESSION**

1 hour each,  
completed  
within 4-6 weeks

## **5 HOMEWORK REVIEWS PER WEEK**

Over 10X the  
one-on-one time  
with Addi

## **PERSONALIZED HOMEWORK**

Homework is based on  
in-person sessions to  
continue building your  
relationship

## **GOAL SETTING**

To be filled out 48  
hours before the first  
session to tailor  
training approach

## **24/7 MESSAGE**

Instant access to Addi  
for real-time guidance,  
motivation, and  
troubleshooting.

## **EMERGENCY CALLS**

Get expert advice  
when it matters most

# GREEN PAWS

**Boarding Free Membership:**

Enjoy a \$15/month savings as part of your training program.  
Get all VIP membership benefits and 2 months towards a Free  
Boarding Day.