



21 minutes, 2X/week

Safe

Tone, not bulk

Functional fitness

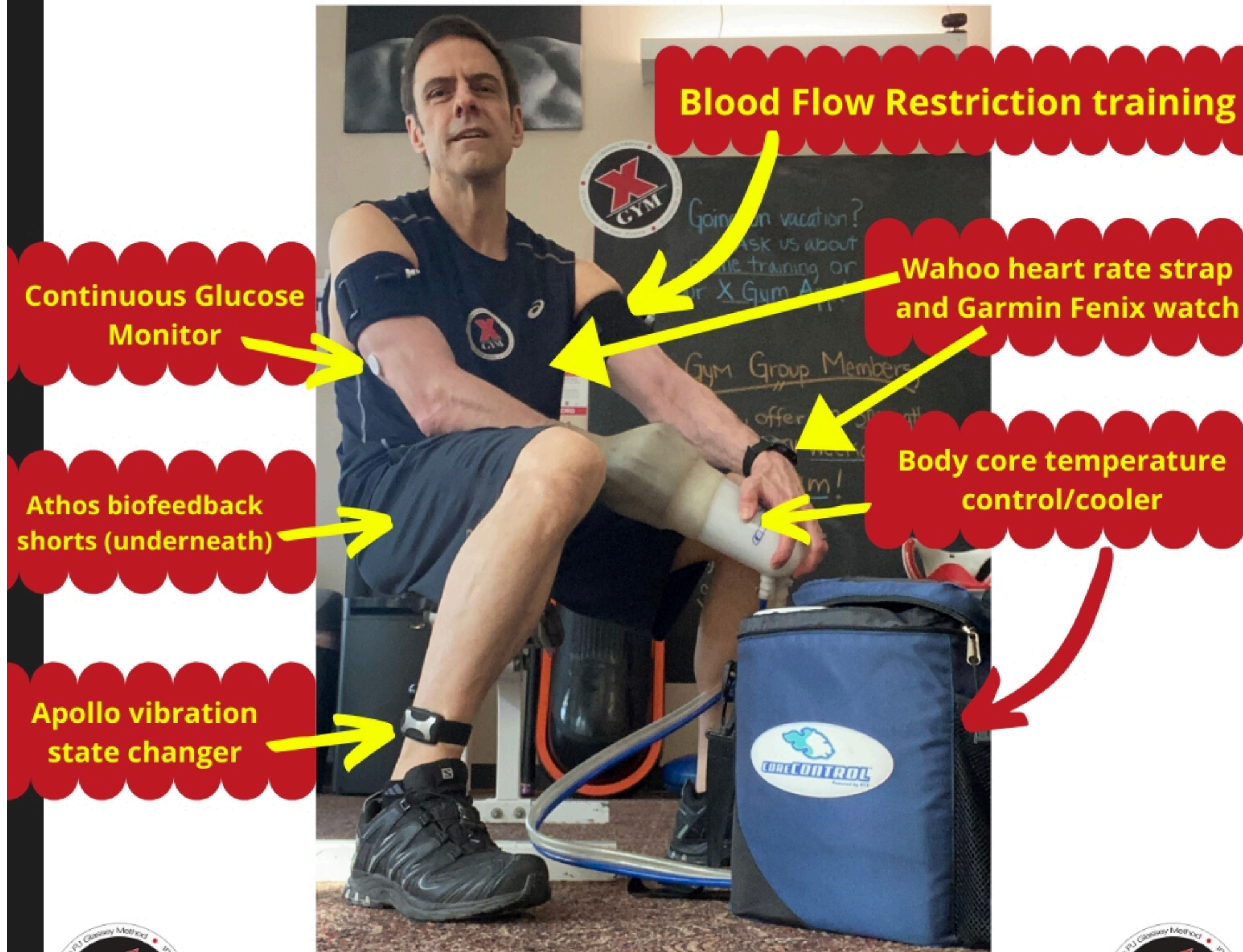
ANTI-AGING!



Mission:

To revolutionize the world of fitness by providing new and innovative ways to transform people into their healthiest, happiest, and fittest selves.

Still Biohacking here in Kirkland, WA!



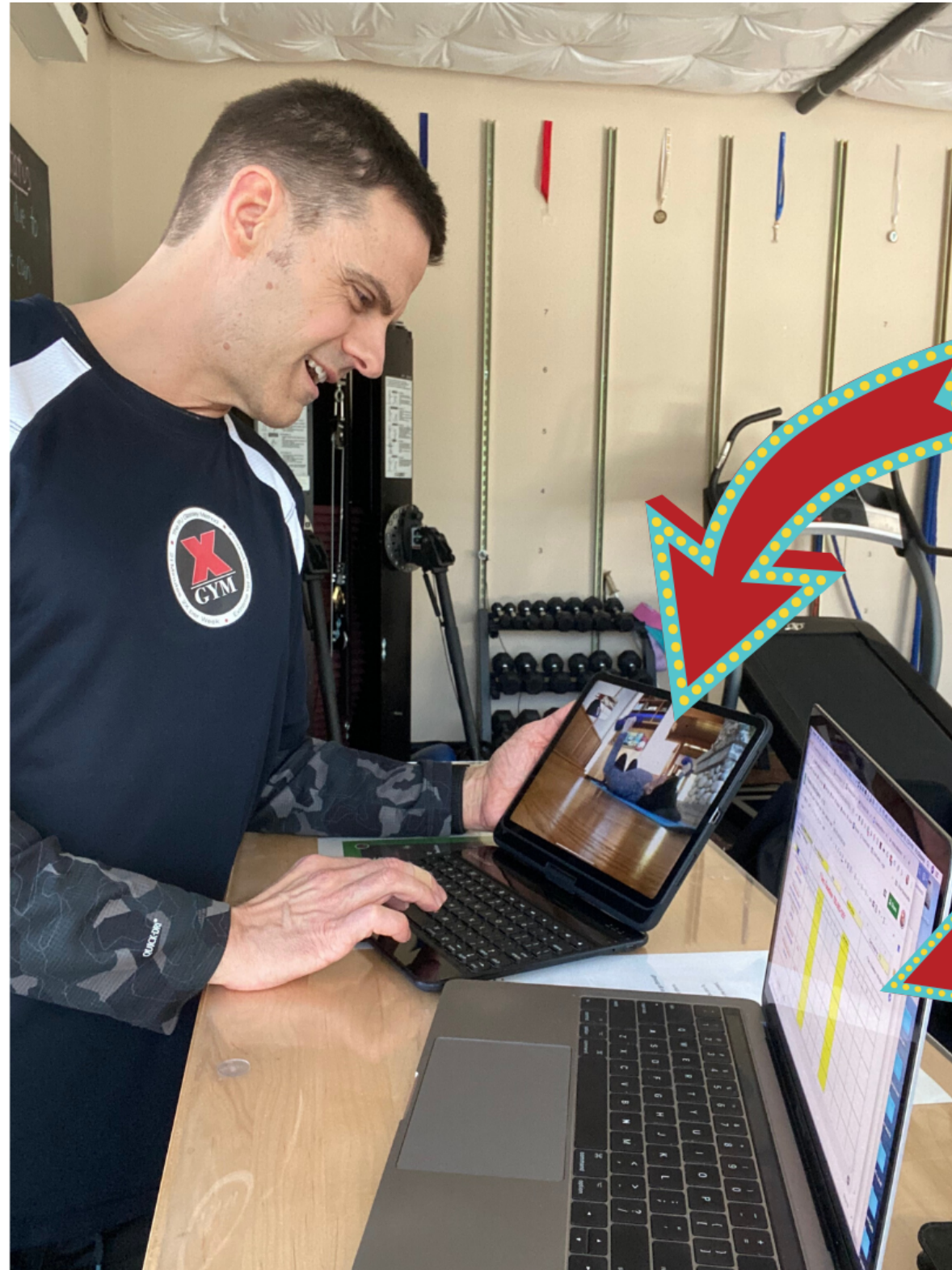
xgym.com



Gym or DOJO?



Online Training



iPad

Laptop

Anywhere!

X Gym Xercise App

Anyone!

Videos

PJ coaching

Xercise library

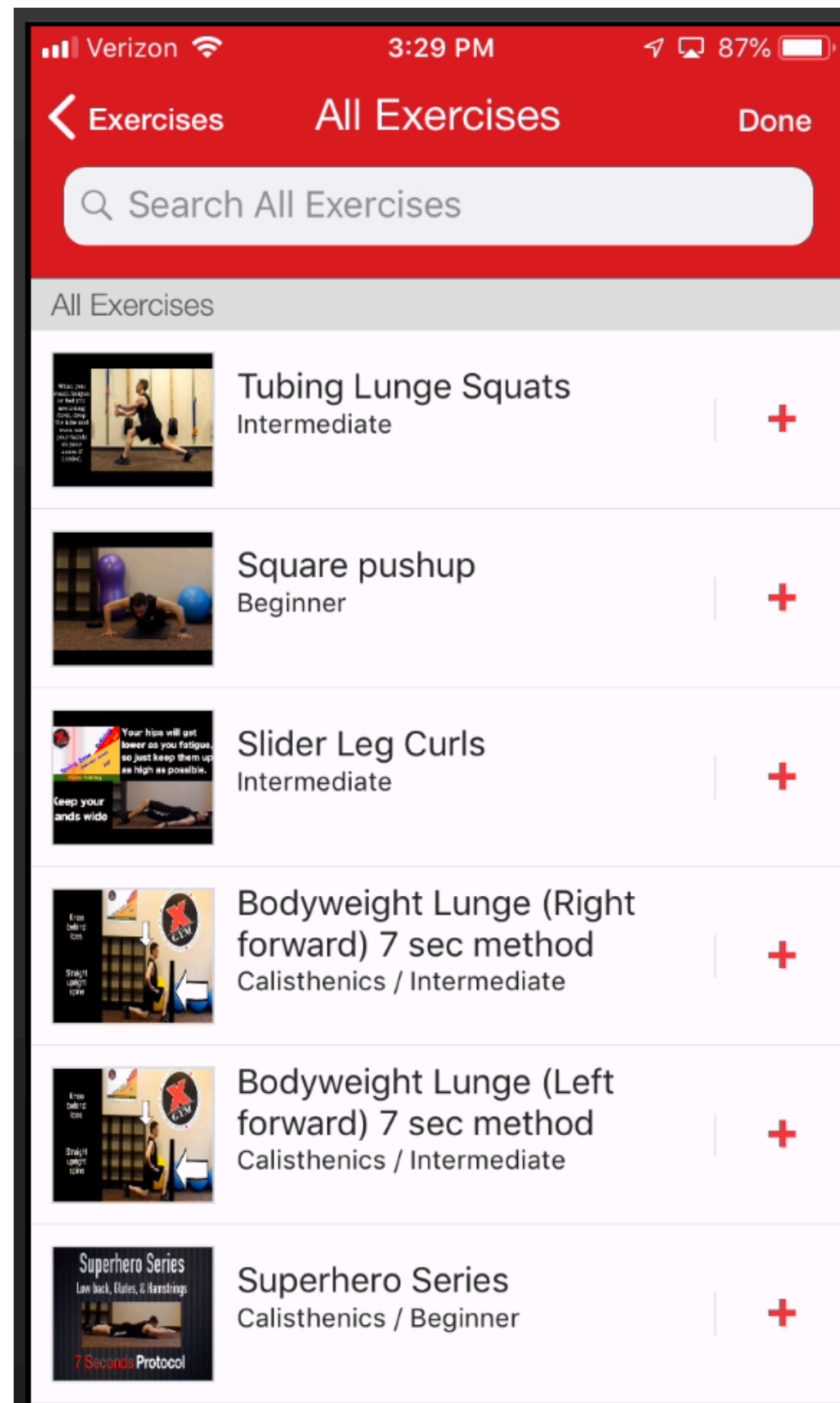
Single Xercises

Minimal equipment

Health course

Anytime!

Affordable





Fitness Trainer Internship

Learn our unique methodology
(and even become certified)

Learn how to help people more effectively

Learn how to get in better personal shape in less time

Learn aspects of the gym business



Qualifications:

- Passion for health and fitness
- Personal commitment to health and fitness
- Good people skills

Potential job at the end (in club or online)



When and how to apply:

Anytime

(but we are limited in how many at a time)

email pj@xgym.com