100% Client Satisfaction Guarantee

Here at The Brute Lab we're fully committed to your success!

Our promise to you is simple: follow your program as it is designed and intended to deliver you the best results possible. We guarantee you'll look and feel better after 12 weeks of working with us or we'll refund your entire investment in our training program.

The relationship between you (our client) and us (your coaches) is a partnership. And only through working together can the mutually beneficial goal (your results) be best achieved.

Our commitment to you:

1. Assess and determine together realistic health and fitness goals and put them on a timeline for achievement
2. Design a complete program to achieve your goals that includes:
    a. Resistance training – to increase your strength and build lean muscle
    b. Cardiovascular exercise – to optimize fat burning and heart health
    c. Stretching – to accelerate your recovery from exercise and prevent injury
    d. Coaching – to motivate, support, and encourage you when required.
3. Teach you all the components of your program and help you implement them into your daily habits and life
4. Meet with you every 4–6 weeks to assess your progress, and update your program accordingly so you continue to achieve the best possible results from your investment with us.

Based on our commitment to you, we require the following from you:

1. Workout a minimum of 2–3 days per week following The Brute Lab program for a minimum of 12 weeks (cancelled training sessions must be made up during the same week or the following week)
2. Complete cardiovascular activity exceeding 20 minutes per day at least three times per week
3. Fill out an Accountability Food and Conditioning Journal in its entirety each day (if assigned)

After the 12-week period, if you can honestly say you followed all four of the requirements and do not look or feel better than you did when you first stepped through our doors, we will refund your entire package investment.

_____   _____
Client   Date

_____   _____
Guardian   Date