

You've come to the right place!

Where fat loss & physique are  
**just the beginning.**

We're your last stop on the path  
to a leaner, more vital body.

Built on years of hands-on  
coaching we've helped clients  
create **sustainable, lasting  
change.**



**SEPARATION SZN ATHLETICS**

A DIVISION ABOVE YOUR COMPETITION

## THIS IS NOT PERSONAL TRAINING, **THIS IS COACHING.**

We do things differently around here. The Separation Szn Athletics Transformation Membership is designed for those committed to creating real change, for the last time. Each membership tier has been carefully curated through years of hands-on coaching, advanced education, and mentorship under industry leaders to **prioritize what drives results** and **eliminate what gets in the way**. All memberships operate on a **quarterly cycle**, with tiers recalibrated each quarter based on **your progress and needs**. A minimum commitment of three months (one quarter) is required for all Memberships.



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# WELCOME !

## This **IS** for you if...

- You are a dedicated individual OR are ready to become one.
- You're looking for your last stop, to make one final, lasting change and stop yo-yo-ing for good.
- You are ready, willing and able to invest in yourself.
- You're not looking for any short-cuts or magic pills, you're willing to put in the work.
- You're willing to take accountability + personal responsibility.

## This is **NOT** for you if...

- You want someone else to do the work for you.
- You're not ready to commit to yourself.

You're expecting transformative results without daily execution.

- You're looking for a 'bootcamp'. 'detox' or 'reset.'



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# FREQUENTLY ASKED QUESTIONS

**How much time + energy should I expect to invest?**

Estimated total of 3-7 hours invested in your transformation per week (including sessions.)

**How much weight can I expect to lose in my first 12 weeks?**

Our specialty is not weight loss but body recomposition (fat loss + muscle gain!) You should expect your clothes to start fitting better within the first quarter.

**I'm postpartum, is this for me?**

Absolutely. Ensuring you're taking care of yourself and are well nourished is the #1 priority postpartum, this is the ultimate act of self-care (which will also drive body composition change!)

**How does The Transformation Membership work?**

The Transformation Membership was designed to produce sustainable results. We operate on quarterly coaching cycles, allowing you to adjust your tier based on progress and goals.

**I travel frequently for work, can I still achieve transformation?**

Yes, we've had dozens transform and maintain on the road. While it will require establishing new habits, it can most certainly be done.



# WHAT IT LOOKS LIKE:



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## WHAT IT FEELS LIKE:

I've enjoyed working with Fernando a lot while re-establishing a fitness routine. He motivates clients through a professional and calm demeanor and was also accommodating of my plant-based diet when making nutrition recommendations.

I was hesitant on getting a coach due to past experiences but Fernando really listened to me. He is extremely knowledgeable and pushed me through with a sincere level of accountability. His training focused on physical and mental health, which is incredibly important. I am grateful to have had the opportunity to work with a coach that is "all in" with his clients day after day.

Fernando is an outstanding coach. He personalizes my workouts to my needs better than any coach I have had. My knees are showing remarkable gains! He's a great person and I feel blessed to have found him.

I have an excellent experience with the training program and Fernando is really good. He's been helping me recover from my hip injury and building up my strength. I keep continue working with Fernando to get better and stronger every week.

I went to Fernando best up from doing traditional workouts and not focusing on flexibility. With his programming, he was able to incorporate exercises that focused on strengthening areas of pain but also incorporated flexibility. Even his insight on nutrition has made an impact and I'm down in weight just by following his advice of focusing on "one ingredient foods"



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## WHAT IT FEELS LIKE:

Fernando has been an incredible person to work with. He's focused, dedicated, and knowledgeable, motivating my pursuit of better physical health. Initially, we addressed my Thoracic Outlet Syndrome and knee injury with customized routines. When I needed knee surgery, he adjusted our goals and supported my post-surgery recovery. I appreciate our progress and highly recommend him for fitness goals and healthy gym habits.

Working with Fernando has been a great experience. My goal in beginning weight training was to build overall strength, address persistent pain in my knee, hips and shoulder, and improve my running endurance. Fernando is knowledgeable and he listens really well to my needs. In a very short amount of time, I felt stronger and the painful areas improved! I love to be able to keep running with much shorter recovery time. Recently, I took a trip to Türkiye and Greece, my tour group was very active with walking, climbing stairs, and rocky climbs to ancient ruins. I had no trouble navigating the excursions easily, it felt good! I highly recommend Fernando to anyone considering improving your health and fitness.

Fernando is great to work with. He tailors workout and nutrition plans for each person's needs and goals. I have seen improvements in my posture and overall fitness. He has helped me become more conscious about diet on a daily basis.

Fernando have been absolutely great! Really help build back my confidence and help me lose a lot of weight and overall just helping me be consistent one of the best in Chicago!

Fernando is a beast. He pushes you purely out of passion for his craft and a genuine desire to see you achieve your goals. He keeps you honest with yourself and holds you accountable when you start to cheat yourself. Not to mention the phenomenal and innovative exercises that aren't common practice for trainers and therapists alike.



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## WHAT IT FEELS LIKE:

Fernando has been amazing! He pays attentions to details, not just physically but mentally and emotionally. He considers all of this in each of his individualized programs and is consistently checking in to make sure your wants/needs are being met in a safe and healthy way. He's been so easy to work with and I noticed a huge improvement in my overall health and wellness!

I've been working with Fernando since July 2023 and I have been satisfied with the quality of training I've received, as well as my progress. He takes a whole-body approach to training in the sense that if your nutrition and sleep are good, you will see the results you're after. I'd recommend him a million times to anyone looking for personal coaching.

Fernando is a great coach. He really has helped me improve on many things towards a healthier lifestyle: strengthening my posture, eating better, getting better quality sleep, and accountability in general. He pushes you with every workout to consistently train harder. I feel stronger and more confident strength training.

As someone who has loathed going to gym for years, I cannot express how refreshing Fernando's coaching has been. From dietary recommendations to the work out flow and progression he has shown a knack for listening and curating programs that make going to the gym both fun and rewarding with just the slightest tinge of kicking my ass.



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**GET IN TOUCH**

[Separationsznathletics@gmail.com](mailto:Separationsznathletics@gmail.com)

Instagram @Fueledbyfern



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