

# **Online Training with Mike T Nelson, MS**

**PhD Candidate, Z-Health Master Trainer, RKC, CSCS**



Thanks for taking your movement and performance into your own hands by contacting me for further information! Congrats on taking the first step to your next personal record in the gym or on the field.

It is a confusing world out there as the amount of information in the fitness field is doubling every few months! No wonder people are so confused! Is this exercise good or bad for me? How would I know? Is this food good or bad? Is this helping me reach my goals or holding me back? Maybe it worked for my buddy, but how do I know it will work for ME?

These are all very valid concerns and it is my job to cut through all the crap and get you results in the fastest, safest way possible.

## **Why Online Training Now?**

To be perfectly honest, I have turned down online coaching up until recently. I've had requests from many in the past as I did not feel it was a fair way to train people as I could never see them move! How could I write a custom program for someone that I knew so little about?

But I have found a way around it, through some specific testing protocols; so now I can work with people from all around the globe. I will not lie to you and say that this takes the place of a high qualified coaching watching your form live in person, but it will give you a great road map to PR-ville!

## **How Does It Work?**

I will take the information and write a custom program for YOU and YOUR GOALS! I don't use cookie cutter crap, as each person is not the same as the next; so your program should not be the same either!

All programs include

- Mobility work
- Strength training
- Nutrition
  - I use the Precision Nutrition System from Dr. John Berardi and it is top notch)
- Lifestyle considerations
- Supplement recommendations

### **Why Should I Do This?**

There is so much information out there today, probably more than at any point in time really. It can be a full time job to just sift through it, try stuff, more sifting, try more stuff, etc before you even find something that is effective (assuming you do find something that works!)

Skip the mess, save yourself the time and hire a professional.

*“It is always a pleasure to meet passionate, bright people in this industry such as yourself. People like you are too few and far between.”*

-Aaron Schwenzfeier, Strength and Conditioning Coach, University of North Dakota

### **The Catch**

There is always a catch. The deal is since I am finishing up my PhD (on track to finish this Winter/early 2010) and I train others in person here in White Bear Lake, my “free time” is extremely limited so I only currently have a few openings (or possible zero) for online clients.

This is not some marketing hype or a way to get you to take action, it is that limited since I want to make sure I deliver the highest quality possible to those that sign up. There may be more openings in the future, but right now I honestly have no idea for the future as I need to graduate first. I want to maintain the highest quality possible to each client and the only fair way is to limit total clients less than a handful.

### **Ok, What is the Cost?**

The cost is \$250 per month and there is a minimum of a 3 month commitment (or \$200 per month for a 6 month commitment). Here is what you get EACH month

- Customized mobility drills based on YOUR body and YOUR movement
- Customized strength work based on your body. I never use any cookie cutter programs
- Full nutrition work with the Precision Nutrition system.
- Full customized (notice a trend here) supplement recommendations
- Unlimited email access to me and my private cell phone to call
- Conferences call directly with me

Heck, just by dumping the supplements that don't work or switching to an alternative you may even pay for half or all of the program alone! You get to pick my brain for any training, mobility and nutrition questions. My normal rate in person is currently \$110 per hour, so this is a substantial discount over that rate (and that rate is going up to \$125/hour soon).

I will walk you through each step of the process and hold you ACCOUNTABLE! Let's face it, **if you could do it on your own, you would have done it by now!**

### **Don't Just Believe Me, Check Out What Others Are Saying**

You can go to this link on my website and read all the testimonials for yourself at

<http://extremehumanperformance.com/blog/?s=testimonial>



**“I am confident to say that I would trust any Z-Health® Master Trainer to work with my family or myself above any other industry practitioner.”**

**Dr. Eric Cobb, Founder/Creator**

For those of you that know Dr. Cobb, I have not seen him publicly write a testimonial for ANYTHING since he takes it VERY seriously. I know that he would not personally put his “seal of approval” on just anyone. **To date, there are only 7 Z-Health Master Trainers in the world and all of them have the Dr. Cobb seal of approval (and yes I am one of the seven).**



If you are interested in reading about the Z Health Master Trainer experience, see this link below:

<http://extremehumanperformance.com/blog/z-health-master-trainer-evaluation-review/>

*“Thought I’d give you an update on my progress–fantastic. I can’t believe how good I feel.”*



*Josh Hanagarne RKC and “Worlds Strongest Librarian”*

#### **How Do I Sign Up or Get More Information?**

Email me [michaelTnelson@yahoo.com](mailto:michaelTnelson@yahoo.com) In the subject line put “Online training” I will get back to you within 24-48 hours with the next steps. If there is a tie, time stamp on the first payment via paypal to the [michaelTnelson@yahoo.com](mailto:michaelTnelson@yahoo.com) secures your spot.

I am excited to work with you and get you moving pain free and destroying PRs (personal records) in the gym and on the field! Drop me an email today as there are only a couple spots open (and I apologize if it filled before you get back to me)

Rock on!

Mike T Nelson

PhD (c), MSME, CSCS, RKC  
Z Health Master Trainer

#### **PS**

I can guarantee the price will be going up if any spaces happen to open up later. Once I complete my PhD later this Winter (fingers crossed) I can guarantee the price will go up

once again! I am absolutely relentless about bringing the greatest information that you can use to achieve your goals and **your satisfaction is 100% GUARANTEED! If you are not happy for ANY reason, I will refund ALL of your money! The risk is all on me to deliver to your satisfaction.** Sign up today by emailing me at [michaelTnelson@yahoo.com](mailto:michaelTnelson@yahoo.com)

## **PPS**

To date, I've spent well over **\$175,000 on further education to get YOU the best results in record time.** Scary to think I started college full time in 1992! Yikes!

My goal is cut your learning curve down as fast as possible. Talk to you soon!

Fine print: The prices stated above are not set in stone and can change at any time for NEW clients. Current client, once enrolled, are locked in at the same price for the duration of the agreement.

## **Who Is Mike T Nelson?**

Mike T Nelson is a PhD Candidate at the University of Minnesota in Kinesiology (Exercise Science) and his current research is on Metabolic Flexibility and the Effects of Energy Drinks. At the U of MN he has been a lecturer and teaching assistant for Exercise Physiology and Human Physiology.

He received his MS in Mechanical Engineering specializing in Biomechanics from Michigan Technological University and a BA in Natural Science from St. Scholastica with a minor in Chemistry.

He is a Certified Strength and Conditioning Specialist (CSCS) by the NSCA, Z Health R, I, S and T Phase certified, Z Health Master Trainer, and a RKC (Russian Kettlebell Certification).

He is a professional member of the American College of Sports Medicine (ACSM), the North American Society of Pediatric Exercise Medicine (NASPEM) and has presented at both ACSM and NASPEM Conferences.

He does fitness consulting in White Bear Lake Minnesota. His passion is translating research into real world results with athletes of all types.

**Are you going to trust your body to someone that just took a weekend or take home certification? The human body is extremely complex, and you only have 1 body so don't trust it to just anyone.**