



a life
changing
philosophy for
all areas of
your life!



MTXE
mental toughness. extra effort.

...unlock your potential!

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it's a way of life

it's a philosophy



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OUR PHILOSOPHY

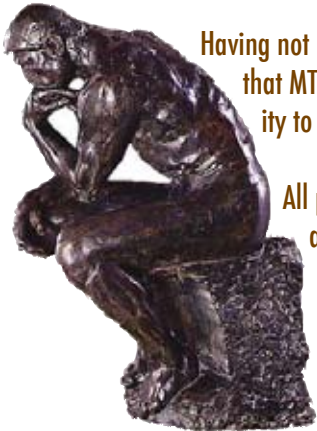
Mental toughness. Extra effort is a mantra used as a term of perseverance, determination and endurance. It represents everything that is required to live, love, and be happy regardless of circumstance or situation.

The statement, mental toughness extra effort was developed into a life philosophy centering around fitness, nutrition, and mental strength by Joseph Koroma. After years of seeking an NFL contract and playing in Arena leagues in the interim, Koroma developed a mentality of endurance and resilience despite the disappointment that he endured several times in his quest for his first dream. Using the MTXE mantra that his college football coach taught him, he overcame enormous adversity. Regardless of how discouraged, encouraged, defeated or victorious he felt, he continued to give 100+% effort in every part of his life.

Having not reached his first dream to play in the NFL, Koroma internally and externally evaluated the way that MTXE had shaped him into a mentally and physically strong person. With a zeal for life and the ability to turn each adversity into triumph, he is now sharing the MTXE philosophy with the world.

All persons, young or old, mothers, fathers, employees, employers, men, women, and people of all races, religions, and cultures can benefit from this philosophy. Although we enact the MTXE philosophy primarily through fitness and nutrition strategies, we encourage you to utilize this philosophy in all aspects of your life. Take the key...unlock your potential.

Say to yourself in all things: I can do this now!



FITNESS

MTXE Training – We can come to you OR you can come to us!

For Teenagers, seniors, young adults, professional and student athletes Although other fitness facilities, programs, or products may promise quick results, the MTXE philosophy prevents us from promising that any progress will be quick or exactly what you envision. The reality is that sometimes what we want isn't realistic. All of us are physically and emotionally different. We all have varied strengths and weaknesses. The one thing we have in common is the potential to be better than we are now. The MTXE philosophy aims to help you to realize and unlock your diverse potential in a realistic way.



What does this mean? It means that while we will not promise to transform your body into that of the icon you have in mind, we do promise to help you to reach your body potential and to look your best! We promise to help you develop the mental toughness and the extra effort attitude to set realistic fitness and health goals and to reach AND maintain them. We promise to dedicate our time and effort to making sure that we give you all of the tools to keep moving forward. And we promise that when you truly accept the MTXE philosophy, adversity in life will be a challenge that you are willing to take on and to conquer.



In order to help you reach your potential, our trainers can come to you at your home or other location OR you can come to us at one of the locations where the MTXE philosophy is being embraced.

FITNESS-trainers

All MTXE trainers are certified by one of the major health and fitness organizations in the United States. Additionally, each trainer has worked professionally for over two years and currently works as a personal trainer full time. We aim to keep our staff small so that we can ensure that we foster the MTXE philosophy in such a way that they are able to instill it in you.

The mental toughness extra effort attitude is an integral part of each trainers lifestyle. It is the only way that we can teach it to you. Our trainers come from diverse backgrounds and have different life experiences which make them the perfect fit for the MTXE team of trainers. Their diversity creates an atmosphere where each client who is ready to embrace the MTXE philosophy has someone with whom they can relate directly regarding their life experience that has brought them to MTXE training.

The certifications available to personal trainers are:

- ACE, American Council on Exercise, <http://www.acefitness.org/>
- ACSM, American College of Sports Medicine, <http://www.acsm.org>
- AFAA, Aerobics and Fitness Association of America, <http://www.afa.com>
- AFPA, American Fitness Professionals & Association, <http://afpafitness.com>
- ISMA, International Sports Medicine Association, <http://www.aaai-ismafitness.com>
- IWA, International Weightlifting Association, <http://www.iwacourses.com>
- NASM, National Academy of Sports Medicine, <http://www.nasm.org>
- NSCA, National Strength & Conditioning Association, <http://www.nasca-lift.org>
- NSPA, National Strength Professionals Association, <http://www.nspainc.com>



FITNESS-one-on-one & partner training

One-on-One Training

If you seek individual, personalized training sessions where you can have an exercise regimen developed especially for you, then the MTXE one-on-one training sessions are exactly what you need. Along with private interviews to determine your goals and desires, each client is given a comprehensive health and physical assessment before any training occurs. Based on the clients stated goals and the results of the physical and health assessment, a unique MTXE training system is developed to enable the client to unlock their potential. Client progress is tracked on a bi-weekly basis and when necessary, adjustments are made after each assessment to increase the effectiveness of the client's MTXE training system.

One & One

1 hour (by session at <u>our</u> locations)	\$75 per session
1 hour (by session at <u>your</u> location)	\$100 per session
1/2 hour (by session at <u>our</u> locations)	\$60 per session
1/2 hour (by session at <u>your</u> location)	\$85 per session

You determine the date & time!

Partner Training

Having a personal trainer to push and motivate you is a great way to ensure that you will remain dedicated to your physical fitness. However, some individuals have close friends or associates who may increase their motivation to show up and perform the way necessary to see results from your efforts. The MTXE philosophy encourages you to do whatever you have to do to unlock your potential. If you are a client who desires to train with a partner, we will develop a training regimen specifically for you and your training partner. As with the one-on-one training sessions, each person will be interviewed to determine your goals and desires and a comprehensive health and physical assessment will be given before any training occurs. Based on the information from the interview and the results of the health and physical assessment, a unique MTXE training system is developed to enable each client to unlock their potential. Client progress is tracked on a bi-weekly basis and when necessary, adjustments are made after each assessment to increase the effectiveness of the client's MTXE training system.

Partner

1 hour (by session at <u>our</u> locations)	\$95 per session
1 hour (by session at <u>your</u> location)	\$115 per session
1/2 hour (by session at <u>our</u> locations)	\$80 per session
1/2 hour (by session at <u>your</u> location)	\$105 per session

You determine the date & time!

FITNESS-high voltage sport training

High Voltage Sport Training

Designed to help you improve your GOLF, SOCCER, LACROSSE, BASKETBALL, FIELD HOCKEY, FOOTBALL, EQUESTRIAN, CHEERLEADING, GYMNASTICS and other sport performance. MTXE trainers have specialized knowledge of the training techniques necessary to help persons reach their maximum potential in a variety of sports. We have developed unique training techniques designed to increase your speed, strength, and agility. We have also designed specific training regimens for specific sports based on the muscle groups used for each sport.

MTXE has two sport specific programs designed for student athletes:

- **Speed & Conditioning:** A combination of speed and fitness drills coupled with a variety of running exercises that help athletes to become more agile; and
- **Strength & Power Training:** Speed & Conditioning training combined with weight lifting exercises that help athletes to build their power, endurance, and explosive speed.

Our techniques can be applied to help a group or an individual. Whether you want to improve your performance in a particular sport, are preparing for a tryout, or aiming for better participation on a team, we can help you to unlock your potential and take your game to the next level!

Professional

1 hour (by session at our locations)

**You determine the date & time!*

One & One

\$150 per session

Partner

\$113 per person/session

Speed & Conditioning

Evaluation: \$65.00 (Required)

Per Session \$65.00

4 Weeks: \$760

6 Weeks: \$1150

8 Weeks: \$1540

Group Discounts:

5-10 athletes: \$60 • 11-15 athletes: \$55 • 16+ athletes: \$50

**All Pricing is person & based on 3 days per week*

Strength & Power

Evaluation: \$65.00 (Required)

Per Session \$58.00

4 Weeks: \$680

6 Weeks: \$1028

8 Weeks: \$1676

Group Discounts:

5-10 athletes: \$53 • 11-15 athletes: \$48 • 16+ athletes: \$43

**All Pricing is person & based on 3 days per week*



FITNESS-locations

Come to Us

MTXE, Inc. currently has three locations where clients can come to us:

1. Definitions Gym in Georgetown, DC
2. Tenley Sport & Health Club in Tenleytown, DC

If you choose to come to us, no membership fees are required to meet with our trainers at these facilities. We are constantly seeking other locations where clients can come to us!

Additionally, the MTXE philosophy and training techniques are currently being embraced and utilized at Tenley Sport & Health in Washington, DC for sport specific training. Membership with Sport & Health Clubs is not a requirement for participation in the MTXE classes.

We Come to You

If you want our trainers to come to you, we are happy to do so. We can come to your home, office, gym, or other location where you would like to train.



GEAR

MTXE gear includes t-shirts, hats, wrist bands, sweats, and sweat-shirts. Currently, we have MTXE t-shirts in sizes XS-2XL available for \$10 to \$15 each!



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