

# Get Fit at Home with Your Personal Trainer

*The 7 Days  
Fitness Program  
Will Change  
The Way  
You Do Fitness  
FOREVER!*



**WESLEY VIRGIN**

## **WARNING!!**

**What you are about to read is not meant to be skimmed or skipped through. Please take your time and read it all carefully...**

**It might just change your life!**

**Below are some of the questions we will answer as we go through the book together.**

**Let's Get Started!**



## AUTHOR

My goal is to help you feel great about your body, your weight and your health.

How exactly will I do that?

By giving you the best and most up to date nutrition tools and information to safely and effectively shed unwanted fat off your body.

I'm a trainer and motivational specialist who has already helped many people all over the world lose incredible amounts of weight, regain their health and permanently change their lives.

I am the founder of 7DayFitness, an interactive motivational community where everyday busy people have come together with the common goal of transforming their health. Through community support, online tools and constant communication, our members have lost incredible amounts of weight and have replaced the old non carish and procrastinating habits.

I have become the #1 "go to guy" when it comes to virtual training and providing clients with an all inclusive fitness experience at home. My cutting edge and completely different approach to health and fitness is what sets me apart from all the rest. This approach has created results for so many once frustrated people.

My passion for working started as a teenager. I was skinny and disliked my appearance. The pain of being teased and not having any confidence drove me to truly understand how to make change consistent and long term. So what did I do? I did pushups, situps, pushed up weights and even joined the army. The only reason I transformed because my WHY was strong! I never wanted to be the way that I was so I unconsciously adopted a new way of thinking which changed my look.. .

I have since reached and maintained an ideal weight, vibrant health and show no indication that conditions like diabetes will affect me like they have so many in my family.

I am a father of 2 beautiful children and a play dad to the lovely Jada on my left. I strive to not only show them how wonderful healthy living can be, but want to share that information with every one who honestly wants a healthier and happier life.

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# **WHY DO SOME PEOPLE GET RESULTS AND OTHERS DO NOT?**

## **The 3% Vs. The 97%**

**Have you ever noticed a person that always get results, always get the better part of the deal? There is a reason for this: there are two different types of people in the world—the HAVES(RESULTS) and the HAVE NOTS(NO RESULTS). The strategy I will teach you will help you be part of the 3%—THE HAVES.**

**WHICH CATEGORY ARE YOU IN? THERE IS NO IN BETWEEN, SO BE HONEST WITH YOUR SELF!**

### **The 3%:**

- **Does not make excuses!**
- **Has more reasons to achieve than REASONS to fail!**
- **Is always consistent NO MATTER WHAT!**
- **Know that results are inevitable.**
- **Always see the positive side of a situation, challenge or issue...**

### **The 97%:**

- **Makes Excuses, Excuses and more Excuses.**
- **Look for justifications and reasons why they could not make it happen!**
- **Are some ome of the world's biggest PROCRASTINATORS!**
- **Have No Drive! No Will! No Consistency!**
- **Have too many reasons and very few results!**
- **Will never get it and will never experience a Happy and Joyful Life!!!**

**Sounds interesting right? Well, today I consider you to be a 3% because not only did you decide to open this PDF, but also you are taking action by reading the information and hopefully applying it. Unfortunately, the 97%**s are still procrastinating, searching the web and looking for a quick fix.** You will learn more about these different groups of people you decide to purchase my program at [www.WesleyVirgin.com](http://www.WesleyVirgin.com)**

## **ARE GYMS AND PERSONAL TRAINERS THE ONLY SOLUTION TO WEIGHT LOSS?**

**Our culture has unconsciously persuaded us that getting a gym membership and hiring a personal trainer is the best solution to getting in shape. If this was true, then 85 percent of our nation would not be obese.**

**This is what the everyday trainer does:**

**Put you on a machine or treadmill immediately.**

**Schedule an hour a day of training, which cost about 50 bucks an hour.**

**Demonstrates the correct form for each exercise.**

**Does not follow up no speak with you until the next training session.**

**Sounds good right?**

**Most people hire a trainer because of two things: they need motivation and need a push. They think a personal trainer will help them be more consistent and hopefully get the results they desire. WRONG!!!**

**Gyms and personal trainers are solely in the business of making money. Period!! Sure they would love to help you lose weight and get fit, but they fail to build a relationship and understand your challenges.**

**The challenge is not your ability to workout. The challenge is to understand the reasons WHY YOU ARE WORKING OUT! (going on vacation Wes, get married soon, getting sexy for the summer) I mean seriously, how long will these reasons motivate you? I call these surface reasons.**

## **SURFACE REASONS**

- **Vacations**
- **Getting married soon**
- **Getting ready for the summer**
- **Just wanting to be healthy**
- **Needing to get into a certain pair of clothes**

**The key is to have Deep Emotional Reasons. These always work. Here are mine:**

I never want to be skinny again in life!!

I want to be a great role model for my two children.

I don't want to deal with or waste money going to a different doctor trying to figure out my illness.

I don't want to look at myself and get depressed from the site in the mirror.

I don't want cancer or heart disease to ever enter my life.

I don't want to put the burden on my children when I am older because of my uncaring attitude about my health.

I don't want to hurt people I love by laying in the hospital because of my nonchalant attitude about my health.

I don't want to live a sluggish lifestyle; I want energy.

I don't want to take pills for the rest of my life

I never want to feel that I am not in control of my health!

This is why gyms and conventional personal trainers fail to give you long-term results. There is a mental process that has to be implemented, which will solely impact the result you will see in the next 30, 60, 90 or 180 days during our weight loss journey with my [7DayFitness Program](#).



## **HOW DO WESLEY'S 7 MINUTE ROUTINES WORK VS. 45 MINUTE ROUTINES?**

**I am going to make this one quick. We believe the longer we work out, the sooner you will see results, and that may be true. But honestly, who can keep up with a 55 minute routine everyday for the rest of their lives? VERY FEW! I tested my 7 minute workout before the creation of the 7DayFitness program, and this was something that people could do and they could do it daily. It almost became a daily routine, like taking a shower or brushing your teeth.**

**My motto is this: It is not how much you do... It is how often you do it! So stop working out for 55 minutes a day unless you are going to keep up with this routine for the rest of your life. 7 minutes of intensity is all you need to start the consistent weight loss process. I want you to take a look at one of the routines and process so you can get a glimpse of how it works before you get started.**

[Routine and Process](#)

## **HOW WILL MASTER TRAINER WESLEY TRAIN ME ONLINE AND GUARANTEE ME RESULTS?**

**Ok here it is!! Everyone wants to know how I train people virtually... ☺ The thing is this... The thing that you think you need, you don't... We believe that if a person is in our face... Screaming at us... Pushing us... Telling us what to do... Then we will get the results we desire...**

**The question is this: Would you rather have access to a trainer for 24 hours or 1 hour?**

**The training and conditioning happens after and before the workout is done. Telling you to do some pushups, sit-ups and jumping jacks is not going to get you long term success!! I know this because the majority of my clients had trainers before but still did not get the consistent weight loss results... Below are some of the superstars who have solely used my online program... I have never seen them in person...**

"I wasn't too sure about 7Dayfitness initially, as I was in a fitness slump and time crunch. However, 7Dayfitness web based training worked right into my busy lifestyle. It affords me access to videos I can do in the comfort of my home with virtual trainers who give clear instructions and examples in the training videos. The works outs are quick and very effective. My virtual trainer Wesley is awesome. His motivating spirit, can do mentality and sincere passion for fitness inspires me to work out daily. Not only will the virtual trainers make dietary suggestions, they will occasionally check up on you to insure you stay motivated." – *Tosha Adams*

"Ok, to be honest I was afraid of letting, not only myself and my children, but I was afraid of letting Wesley down. I suffer from sciatica and I didn't think I would be able to do any of the exercises that were provided each day...I found out that wasn't true. The exercises are quick and to the point and easy for me...Having Wesley check in on me from time to time truly helps. I am very thankful for that. I wish I could attend one of the boot camps, but I live in Mississippi, so that is impossible as of right now. I have lost 9 lbs and I feel great!! Thanks to you and the 7DayFitnessProgram!!!! GET FIT WITH PASSION."

– *Alsyra J Ivy*

"Hello, my name is Daphne Garrett and my experience with 7Dayfitness has been amazing! It is quick and easy and you can do it in the comfort of your own home! I especially appreciate the one on one communication between trainers and trainees! I love being able to inquire about personal target areas, and then receiving videos from Wes to combat those areas. I think anyone thinking about becoming a member of 7Dayfitness will be very satisfied! Good luck!"

— *Daphne Garrett*

I have been working out with seven day fitness over a month. I lost about 18 pounds and am looking smaller. I definitely would recommend seven day fitness to any individual. Most of us have busy schedules and don't have time for gym, like myself. One night I was looking at the mirror and thinking to myself I need to make a change. Wesley's strategy reminds me of what we used to do in high school. Honestly, I remember we exercised every day. It's all about staying positive, focused, and motivated. Keep up the good work and continue to inspire individuals. God bless seven day fitness. "Eat healthy & stay fit."

**-Gud Lyfe**

I'm on here to tell everyone about my experience with SevenDayFitness. It's Great for someone who feels uncomfortable with going to the gym or doesn't have time to give 30 to 45 mins at one given time to work out. I love Wesley and his team. They keep me motivated to do my 7 mins twice a day, and I'm in Alabama. It's not hard to follow but will get you the results you want if you are consistent. We all are human and fall short, but guess what, you will continue to get encouragement if you are serious about the changes you want. I have lost weight but have more to go. I will post my before and after pictures at the end of May. Oh yeah I won a Spa Day just for posting my meals daily .Thanks SevenDayFitness!

**-Sybil**

## **Why is it so hard to stay motivated?**

**The only reason it is difficult for you to stay motivated when working out is this: You have not considered your reasons or your Why.**

**The only reason I am able to maintain and get consistent results from my body, is because I raise my standard daily! It is never the matter of ability it always the matter of motivation. I want you to think about the things in your life you do on autopilot... No motivation is necessary 😊...**

**Getting your hair done**

**Getting your nails done**

**Going to the barber shop**

**Watching a football game**

**Watching the reality shows**

**Going to work**

**Brushing your teeth**

**Drinking alcohol (Happy Hour!)**

**The above items are done unconsciously. But I am going tell you this—there is some form of motivation in every item that was listed above. I have a client by the name of Felicia, she is a busy mom and wife and she was on the weight loss spiral before meeting me, please really listen to her story and read her Why's under the video.**

**[Felicia's Amazing Results and Why Video](#)**

## **How do I lose weight long term?**

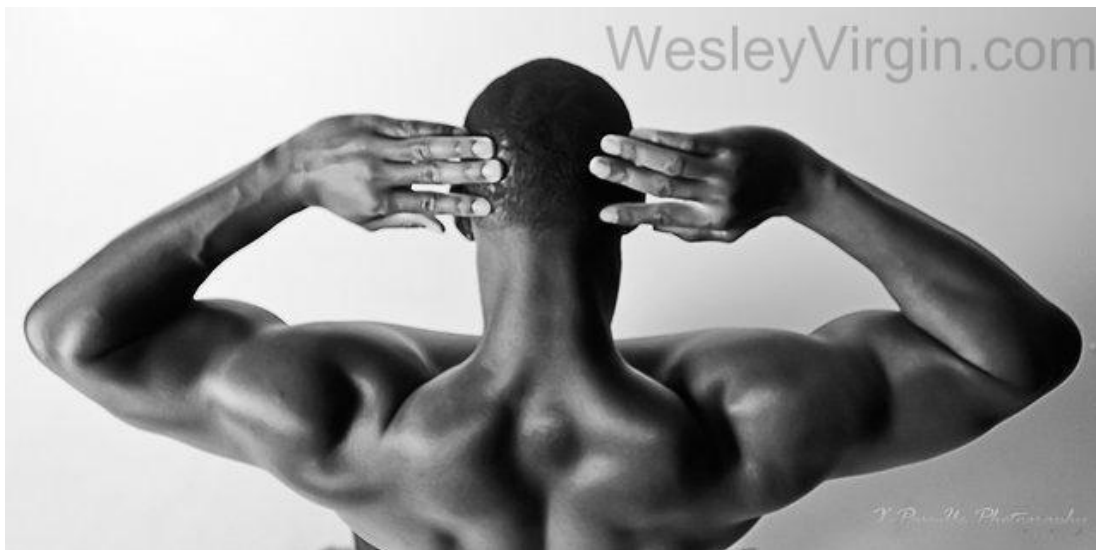
**Long term weight loss is easy!! I mean think about it, how do you keep your teeth white? How do you keep getting paid every week from your job? How do you keep your body clean?**

**How do we increase the connection with our significant other?**

**How do we ensure our children know we love them?**

**WE WORK AT IT DAILY!!! Duh!**

**Folks!! It is no secret...Anything you focus on or work on will indeed create a result. So the lack of doing some activity will create a LACK OF RESULTS!! Which means: No long term weight loss, No Happiness, No Confidence, No Joy and No Fulfillment**



## **How does the 7DayFitness Program really work?**

### **THE 7DayFitness PROGRAM**

**What is the 7DayFitness Program?** 7DayFitness gives every day people the option to get and stay in shape in the comfort of their homes. You will start an amazing weight loss experience which includes a trainer, a nutritionist and daily workouts that are under 7minutes. You will also have the privacy and luxury of getting in shape at your convenience. Basically, my program is 80 percent mental and 20 percent physical. I have trained and helped many people get in the best shape of their lives long term. Not only have they lost weight, but they have lost the old habits and replaced them with confidence, joy and happiness.

**Here are a few emails from some of my superstar clients today:**

I have to tell you a secret...

I've continued my workout routines— needless to say. But on Sunday, my sister and I took my little one to Schlitterbahn and I didn't keep on my shorts over my swimsuit! I was so excited to be strutting my stuff and not feeling ashamed. Things are shaping up very well. I haven't worn a swimsuit without long shorts in at least 8 years.

Whoo hoo! Small accomplishments one at a time add up to the ultimate goal.

Gotta keep going!

**Samara**

Thanks Wesley!

All the cheering from the group is what kept me going. I was spent afterwards!

I won't be at boot camp today. I have to be a good mommy and go to football practice. My presence was requested by my little one. So I will be doing that today :). I will see you tomorrow though.

With a ton of regret, next week will be my final week. Motherly duties are calling, and I must get with the program. My oldest who is 6 is playing football, and every day my youngest who is 2 asks if he has football practice (as if he plays). He is used to going out after daycare and running around at the park even though he is not with the players. Instead, he is spending about 11 hours at day care and 2 hours with a sitter while I work and do boot camp. So I am going to have to give up boot camp. I will come to visit you all at the park some days. I am planning to run 2 to 3 days a week (at Memorial Park) and go to the gym on the other days (or work out at home). I can do all of that before 6:30 and make it to football practice.

Your program has been great! While I have only lost 3 pounds so far, I love the way my muscles have shaped up. My goal is to lose the belly fat, so I will keep at it and get better about my eating habits (I would love to do a fitness competition in my near future). I am going to miss you all dearly. Team Passion and Team Fitness are both great and motivating. This has been a hard decision to make! I will likely purchase one more month just in case I want to come out.

I will see you tomorrow.

**Karen**

Wes:

In my experience, the spoken word tends to be fleeting, so I have decided to write to you instead.

I did not attend class yesterday because I am D-U-N . . . Done!

I stepped on the scale yesterday morning and read my weight to be 199.2 lbs (a loss of 9 1/2 lbs in just 5 weeks). This is HUGE, because it has been well over a decade since I have been sub-2!

Thanks for teaching me how to train in a way that I can practice the rest of my life. I am extremely grateful for your coaching and for helping me achieve my goal.

Let me know if you ever need a testimonial or reference—I would be glad to provide it.

In the interim, I am going to shift my workouts to the mornings so I can

enjoy having dinner with my wife and daughter. They have been very supportive this past month by surviving on evening snacks since I do most of the cooking :^)

Anyway, I wish you well in your truly life-changing business and all of your future endeavors.

Kind Regards,

**Arturo**

Hey Wes,

This is my last week of bootcamp and tomorrow night will be my last night. I am getting on new medication that my doctor says is hard on my joints and he has asked that I not do hard exercises for awhile. So once I get back to it, I will be running around the bayou during lunch at work.

As I was saying last week, I've lost almost 25 lbs since starting with you in Mid-July and I would be honored to let the world know what kind of magic you are making every day at Memorial Park. I have never felt physically better, and people really do notice the changes. Just let me know if you want to do a testimonial, and I can do it tonight or tomorrow night.

Thank you so much for putting together this boot camp. I really hope you will still be here come next April when I will be ready to jump back in!

**Kathryn**

Have a WONDERUL and SAFE Thanksgiving Wes!

I am looking forward to your 30 day Hell on Abs work out— last week was a BEAST, and I could really feel it!!

REALLY glad you are staying!!!



YOU are a life-changer!

## **Crystal**

Hi Wesley!

I wanted to send you a note to let you know that I enjoyed Boot Camp! I definitely discovered that my ABS are ABSent!! I've recently lost 27 lbs and have another 10lbs to go- your program/emails are motivating! I am NOT making excuses but wanted to let you know that I live in Magnolia so with kids, homework, hubby and a 60+ minute commute I have to get my workouts in early morning. I was able to come a few weeks ago because I was picking my daughter up from drivers ed in the woodlands on the way home so it was a good use of my time J

Thanks again! Felicia and Crystal look great and it is catching on in the office J I hope Get Fit w/ Passion is a continued success!

## **Tracy Raborn**

Good Morning Coach,

I weighted myself Monday and again today and guess what 2 lb of fat melted away. And yesterday, I was able to do more Ab exercises.

My sugar is under control and my attitude is outstanding!

Thank you so much!

## **Mohammed**

[More Success Stories](#)

## **Why do the superstars choose this program?**

**Below are current users of the 7DayFitness online program. Read their why's and see if you can relate.**

1 week, 2 days ago

### **Camille's why?:**

- 1) To be able to look in the mirror with confidence and SELF-PRIDE at my body's end result.
- 2) Improve me ability to walk up and down the stairs at work without being EXHAUSTED!
- 3) Increase my self confidence when I wear a BIKINI on my next vacation!!!
- 4) Because I want to push my fitness and eating habits to the NEXT level.
- 5) I want to fit into the other half of the CLOTHES in my closet!!
- 6) To decrease my chances of getting diabetes and high blood pressure which runs in my FAMILY?
- 7) To MOTIVATE my family, friends, and co-workers to get in shape!!
- 8) To feel MORE confident in a dress.
- 9) I want to tone and SCULPT my body to perfection.
- 10) Because I am dedicated to FITNESS!!

1 week, 3 days ago

### **James's why?:**

Doing it for my Family

1 week, 3 days ago

### **Joanne's why?:**

I am doing this to better myself physically and mentally. The healthier I am, and the better I take care of myself, the stronger I become inside and out!

1 week, 5 days ago

### Guada O.'s why?:

1. Last year was a hard one (lots of visits to the doctor and surgery). I DON'T WANT TO GO TO THE DOCTORS AGAIN and SPEND MORE MONEY ON THEM.
2. I want to feel and be healthy. No more heart attack scares.
3. I want to improve my health with a better lifestyle (diet and exercise) to live better with my thyroid disease.
4. I am trying to lower my chances of getting diabetes and cholesterol problems.
5. I want to feel pretty again.
6. I want to lose all the weight I got back and keep it off for good
7. I want to fit on my old clothes (size 2)
8. I want to feel stronger and continue enjoying exercising
9. I run a lot of marathons and half marathons, I really want to improve my time and having a great core helps
10. I want to make sure I get old and healthy.

2 weeks ago

### Debra Garcia's why?:

1. To loss the fat that sits on my abs.
2. To obtain and maintain the smallest waist I have had in my life.
3. To lose the pouchy skin on my midsection.
4. To obtain and maintain a physique that will enable me to always remain active and limber.
5. Being fit and active will help with my health.
6. Being fit will ensure that my health will not be dependant upon drugs.
7. Being fit will inspire my children to always maintain their health.
8. Being fit will inspire others to also start and maintain a routine that will be beneficial to their health.
9. Being fit will inspire other people to also maintain their health.

10. Being fit will help me to not become stiff from inactivity, and therefore to keep illness and sickness at a distance.

2 weeks, 1 day ago

Bethany's why?:

1. I want to take back my life and my body!
2. I'm tired of feeling sluggish and insecure with what I see in the mirror.
3. I want to be able to put on clothes and not think negative comments with the way things look and fit.
4. It's time to make some positive changes.
5. I've had a lot going on in my personal life and I think this will help deal with it as well as keep me balanced!
6. To be healthy
7. I see the results my friends have made by working hard.
8. I did it before, I can do it again!
9. I want to feel sexy again and feel comfortable in my own skin!
10. Because I know I CAN!

2 weeks, 2 days ago

Carolina's why?:

I just had a baby so I want to get back in shape. =)

4 weeks ago

Karen's why?:

1. I want to be healthy!
2. I want to show my boys healthy habits so they don't have to learn them on their own as an adult.
3. I want to learn more about healthy eating and incorporate it in my everyday life.
4. I want and need more energy.
5. I want to feel good about the way I look (dressed and undressed).
6. I want to live LONG!
7. I want to be able to wear a sports bra or fitted shirt during my workouts.
8. I don't want to have to "lose weight" for any upcoming event.
9. I don't want to be FAT!
10. I want a flat stomach and no back fat.

4 weeks, 1 day ago

[Scottie \(AKA - Tiki\)'s why?:](#)

To be fit, fine, and focused on a healthier lifestyle

1 month ago

[Anita's why?:](#)

lifeeeeeeee

1 month ago

[Claudia's why?:](#)

To help my metabolism . To get fit and tone up. To feel confident. To feel motivated and keep up with a healthy lifestyle. To organize my time and schedule better. To stick to a routine that is going to help me rather than just sit down. To look and feel good with myself. To keep myself busy doing a good thing for my own. To learn new techniques and how to improve my day by day. To finally take that step to do a change in my life and not only think about working out, but actually do it.

1 month, 1 week ago

[Herb's why?:](#)

To get fit; to lose weight; to become more healthy and food aware; to control my body's desire for unhealthy food; no cancer; no high blood pressure; to feel better about my body; challenge myself; to limit my days of being sick.

1 month, 1 week ago

[marlee small's why?:](#)

be a better athlete!!!

1 month, 1 week ago

[cherie abrams's why?:](#)

To stay consistent and continue to be healthy.

1 month, 1 week ago

[Mohammad Tekrouri's why?:](#)

1. To have more energy and be more productive.
2. To have an excellent attitude toward life and people.

3. I am diabetic and want to get my blood sugar under control or eliminate diabetes totally.
4. I want to get off high blood pressure pills and donate this expense for a good cause.
5. I want to get off cholesterol pills and donate this expense for a good cause.
6. I want to get off diabetic and donate this expense for a good cause.
7. I enjoy working in a cancer center, but I will not enjoy being in it as a patient.
8. I want to live to see my grandkids.
9. My goal is to live a healthier lifestyle to set an example for my daughters "Model the Way".
10. Be able to be self-efficient financially and physically until the day I die.

1 month, 1 week ago

[Linda's why?:](#)

To look sexyyy a.f. ;)

1 month, 1 week ago

[Melissa's why?:](#)

1. To be healthier
2. To help change the way my family views fitness
3. To be sexy
4. To prove that hangs are possible
5. To stop making excuses for my size
6. To stop having to remember when I wore a certain size
7. To be able to pull clothes from the front of the rack
8. To look as young as everyone thinks I am
9. To keep up with my kids
10. To help lengthen my life span



**First goal is for you to lose 10 Pounds in the first 30 days. Follow the steps below:**

### **STEP 1**

**DEFINE YOUR WHY- Take this time and write down your why. Write down ten reasons why you will be committed and write down ten reasons of what will happen if you allow procrastination or laziness take over you life another year. Watch the Why video before you start your 30-Day Boot Camp.**

### **STEP 2**

**Once you begin the boot camp it is essential to go through each day step by step. Do not attempt to move to the next day expecting quicker results. It does not work that way; my program replaces your old unhealthy and life destructive habits with ones that will serve you for the rest of your life.**

**FOLKS THE LAST PAST YEARS YOU HAVE CREATED THE PERSON YOU ARE TODAY, SO YOU MUST BE WILLING TO BE DISCIPLINED WITH THE NEW PROCESS TO TRANSITION INTO A BETTER LOOKING YOU!**

### **STEP 3**

**HAVE FUN AND ENJOY THE JOURNEY!**



What is your **WEIGHT LOSS** goal?

5-25 lbs ▶

25-50 lbs ▶

50+ lbs ▶

We bring's the **GYM EXPERIENCE** to your home

**WESLEY**  
VIRGIN

### **HOW IT WORKS!**

**1. Every Day a new home workout video is posted in your virtual profile account so it is MANDATORY to log in to complete your boot camp routine and your daily workout.**

**2. Your Virtual Trainers will hold you accountable, so it is imperative that you are consistent for the first 45 to 60 days for the best results.**

**You must post your meals daily! Again... You must post your meals daily via the consistency tracker (on your profile). Our nutritionist, as well as trainers will view your meals to ensure you are on track. Please be honest. Our nutritionist and trainers will not judge; we understand the process. 😊**

**3. Calorie Counters are at your disposal via your profile, so know you are eating the right amount of food. You have unlimited access to your nutritionist to ensure you are eating the right foods and correct amounts.**



4. Whether you are trying to lose weight or gain muscle, if you follow the above you will be successful. **THIS IS LIFETYLE FOLKS! NO TURNING BACK!**

5. We appreciate and love testimonials and your success story, so please keep us updated on your progress.

6. Please, if you have any problems or issues please email us at [quicksupport@WesleyVirgin](mailto:quicksupport@WesleyVirgin)    



**Join Us Today And Start Your Weight Loss Lifestyle Now!**

Currently I am restricting 1000 people to try my program for **FREE** for a week ,and when you love it, you will only pay \$7 per month to continue your weight loss process. Be one of the 1000 today.

[Click Here To Get Started](#)

**Or, If You Want To Learn More: Click Here Now To See All Of The Amazing Tools Available To Our Members**

**I'll see you on the other side!**

**Sincerely,**

**Wesely Virgin**