



**K180**<sup>TM</sup>  
FITNESS



## MEET SHAWN

Shawn is the Founder & CEO of K180™ Fitness. He leads a team of well-trained, nationally certified personal trainers/wellness coaches with one goal in mind—making you healthier and stronger to live life to the fullest.

Shawn became passionate about health and fitness at the age of 13 while struggling with his own body image. That struggle, and the consequential journey he undertook to conquer it, is why Shawn is so sought after today, not only as a personal trainer, but as a life coach and motivational speaker.

For the past 12 years, he has taught thousands of clients to not only overcome perceived physical limitations and infirmities, but also instructed them on how to take the same principles to empower and conquer other areas of their lives. Shawn has seen over 100,000 pounds lost, many people come off of medications, and health restored to over 10,000 people of all ages, sizes, and shapes.

Shawn has developed K180™ Fitness to be, what he believes, is the best health training, diet, and fitness plan in America. K180™ Fitness has successfully been tested on thousands of people and continues to be one of the strongest fitness lifestyles to date.

# TAKE YOUR FITNESS—AND YOUR LIFE— TO A WHOLE NEW LEVEL

If you think all fitness programs are basically the same, think again. Sure, a number of gyms push garden-variety fitness...trendy classes...designer looking equipment...even so-called “expert” personal training, but no other gym, no other program, and no other trainer anywhere, offers such a comprehensive and revolutionary approach to total fitness as K180™ Executive Fitness. Founded by certified personal trainer/nutritionist and wellness guru, Shawn Kephart, K180™ Executive Fitness will not only change the way you look and feel; it will change your life. If you're ready to take your fitness to a higher level and reach your potential, then you're ready for K180™ Executive Fitness.



# K180™ FITNESS } UNPARALLELED FITNESS DEMANDS AN UNPARALLELED FACILITY

K180™ Fitness is more than just a personal training and fitness regimen. It's an all-encompassing wellness program that targets your whole life and teaches you new, healthy ways of living to unlock the door to optimum fitness. Such a radical approach to fitness demands a facility that embraces and facilitates that vision. Our state-of-the-art fitness facility is customized to busy, working executives and provides a holistic approach to wellness that's specific to your unique lifestyle. From the knowledgeable, attentive staff and ergonomically designed workout stations to the full service kitchen/dining options and the private lockers and showers, no details are overlooked. Quite simply, there is no other facility like it—which is also, by design.

- Customized one-on-one personal training with certified wellness experts
- State-of-the-art equipment and fitness machines
- Cutting-edge fitness research and monitoring
- Mild to Intensive Group Programs and Boot Camps
- Corporate wellness initiatives
- Proven weight-loss programs
- Sport-specific training
- Children's health programs
- Specialty fitness regimens (for brides-to-be, pregnant moms, senior citizens, etc.)
- Customized Keto Meals through Granatas Catering
- Over 2000 sq ft of functional fitness studio space

## A FITNESS EXPERIENCE LIKE NO OTHER

Based in Greenville, SC, the K180™ Executive Fitness facility is designed to create the perfect environment and platform for working executives and their families, to reach their fullest fitness potential.

EXECUTIVE FITNESS  
FACILITY



**CUSTOM PROGRAMS TO MEET EVERY FITNESS NEED**

PERSONAL TRAINING PROGRAMS

With nationally certified trainers and wellness coaches—who undergo weekly continuing education and training classes—K180™ Fitness is the only wellness program out there that combines a high level of accountability with a genuine passion to change and impact lives. We offer a multitude of wellness and training programs for both individuals and groups, to suit your lifestyle, your schedule, and your budget. Each program is built around tangible goals in order to attain clearly defined results.

## PROGRAMS



**WEIGHT LOSS:** As our most popular program with over 10,000 proven results, the weight loss program is designed to add muscle and lose fat at the same time. A 6 to 8 week program can cut 25-30 pounds off of women and 30-35 pounds off of men.



**SPORTS SPECIFIC:** Just as every person is different, so is each sport. We target specific exercise goals and muscle groups depending on your particular sport. Whether that means boosting endurance, building muscle, or increasing agility, we have it covered.

• Football • Soccer • Marathon/Triathlon/5K • Golf • Tennis



**CHILDREN'S HEALTH:** Children's obesity is a growing concern in America...and it doesn't have to be. Through a combination of training and proper diet, we can get kids on track for a healthier, more fulfilling and happier life. Programs encourage kids to participate in nutritional planning and exercise selection. The goal is to show our children how fun an active, healthy lifestyle can be.



**K180-D™: Type 2 Diabetes Program:** Type 2 diabetes is a national epidemic. Through our K180-D™ program, we combine the science of the glycemic index with proper exercise selection and intensity to unleash your fittest and fullest potential. Hundreds of clients have come off medications and changed their lives through our proven program.

## PROGRAMS



**FAMILY FITNESS:** We offer clearly-defined fitness and wellness plans for every member of the family, young or old. One's family provides a natural support network in which each individual member is working toward a common goal: to reach his or her own fitness potential. Let us help your family set and attain fitness goals!



**BUDDY-UP PROGRAM:** Some people like to train on their own; others like to partner-up with a friend to ensure mutual accountability and motivation. We customize a range of buddy programs depending on your specific goals and current levels of fitness.



**CORPORATE TRAINING:** National studies have proven that employees and employers both benefit from employee wellness programs. Employees have higher overall morale, take less time off of work, and their productivity improves. Employers also benefit from reduced insurance costs and other financial savings. We will tailor a program for your company, large or small by offering:

- Nutritional Counseling
- Motivational & Educational Seminars
- Employee Incentive Programs
- Lunch and Learns
- On-Site Bootcamps

## PROGRAMS



**BRIDE-TO-BE:** On the one day everyone will remember, the bride should look unforgettable. The pictures and images captured that day will last a lifetime. As a bride, you only get one chance to look your best on this special day—our fitness experts will make sure you do. Hundreds of brides have lost 2 to 3 sizes in just 6 to 8 weeks before their big day.



**COMPETITIVE FITNESS:** Some people workout to stay healthy and fit; others want to attain a new level of competitive fitness that goes beyond the ordinary. Whether it's for competition or simply to build more muscle, K180™ Fitness will tailor a plan for you to get the competitive results you want.



**BOOTCAMPS:** Bootcamps are a great way for individuals at varying levels of fitness to get a boost of motivation by becoming part of a larger group. It's fun, it's functional, and it's fast. Best of all, it's ideal for co-workers and employees who want to reach their fitness potential. Ask about special, on-site bootcamps tailored to your group, at your own location.

**WHAT YOU WORK OFF  
IS AS IMPORTANT  
AS YOUR WORKOUT**

Order your meals online at  
[www.K180Fitness.com/meals](http://www.K180Fitness.com/meals)



The foundation of K180™ Fitness is sound resistance training and good nutrition. This latter aspect shouldn't be overlooked. To that end, K180™ Fitness places a priority on a well-balanced, nutritious diet. Opening soon at our Greenville facility is a full kitchen that can serve up to 60 people at one time and offer healthy and delicious entrée options every day, courtesy of New York-born Chef Michael Granata. We also offer a range of take-out meals that have been freshly prepared and frozen for you to take home. You'll also want to ask about our K180™ Fitness catered meals plan that delivers healthy, nutritious meals to your office or home. Remember, what you put in your body goes a long way in determining your overall fitness.

NUTRITION





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