

Forum:[Hack Forums](#)

Thread: [The Ultimate Fitness Transformation Course](#)

uhtred - July 9, 2023, 1:15 pm

Vouches:

Spoiler ([Click to View](#)) (Jul 11, 2023 04:36 AM)biscuit deluxe Wrote: [\[CITE\]](#) So, I checked out "The Ultimate Fitness Transformation Course," and I gotta say, I'm impressed! This course seems like a total package for anyone looking to level up their fitness game.

They cover everything you need to know, from nutrition and meal planning to strength training, muscle building, and even cardiovascular fitness. It's like a one-stop-shop to learn the foundations of fitness.

What's cool is that they take a holistic approach. It's not just about hitting the gym; they emphasize the importance of nutrition, rest, and recovery too. They want you to get sustainable, long-term results.

The best part is that it's practical. They give you actionable tips and strategies that you can actually use in your daily life. You'll learn how to make personalized meal plans, design effective workout routines, and even prevent injuries that can set you back.

Whether you're a beginner or a fitness pro, this course seems to have something for everyone. They start with the basics and gradually dive into more advanced techniques, so you can grow at your own pace.

Overall, my first impression is thumbs up for "The Ultimate Fitness Transformation Course." It looks well-structured, packed with useful information, and designed to guide you on your fitness journey. So, if you're serious about transforming your fitness, this course might just be your ticket to success.

(Jul 11, 2023 10:57 AM)Pochino Wrote: [\[CITE\]](#) This plan is described in such detail that everyone not only does fitness but also knows why and how they do it. It is essential to study this plan before starting any training or dietary changes.

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[contract=tid]Start Contract[/contract]

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Really remarkably well described and simply explained. I am thrilled!

It is not written by any AI. There is much important information that you will not know from your protein descriptions or fitness trainer in your gyms. By enrolling in the course, you'll unlock exclusive access to a dedicated private Discord group tailored specifically for fellow course participants. This dynamic community is designed to provide a supportive environment where members can motivate and inspire one another, as well as seek guidance by posing insightful questions related to the course material.

[contract=tid]Start Contract[/contract]

Pochino - July 10, 2023, 1:43 pm

This sounds interesting and I would like to get more motivated / stay motivated. If you want I can do the vouch. For future buyers you should include the price here sir.

Internet Bully - July 10, 2023, 5:41 pm

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Looks like the price is in the first picture, \$15

uhtred - July 10, 2023, 7:46 pm

(Jul 10, 2023 01:43 PM)Pochino Wrote: [\[CITE\]](#) This sounds interesting and I would like to get more motivated / stay motivated. If you want I can do the vouch. For future buyers you should include the price here sir.

Hi, I've sent you a pm.

(Jul 10, 2023 05:41 PM)Internet Bully Wrote: [\[CITE\]](#) Looks like the price is in the first picture, \$15 Correct, I'll add the normal price once 10 copies have been sold.

biscuit deluxe - July 11, 2023, 4:36 am

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Airbourne - July 11, 2023, 5:14 am

Ah yes, all the manipulative selling tactics I would expect from something called "The Ultimate Fitness Transformation Course". First and foremost: shortcuts don't exist and if it seems like one does, there's probably a catch.

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Was it :

generalised advice that can be generated with some common sense and ChatGPT? Such as "eat well and rest"?

unpractical? Can everyone action those tips and strategies or did it "work" for you here? How are you learning how to make a personalised meal plan for YOURSELF? Have you seen a dietician? What do you know what is an effective workout routine for you? Maybe someone at the gym gave

you tips? Will that advice work for me? Have you considered that maybe the instructions aren't suited to someone like me? Maybe I will misunderstand them because im completely unqualified and I hope to get fit from yet another quick and easy way to get fit.

Except that if you are a beginner you have no idea what you are doing and can do yourself more harm than good. If you are a beginner, do not risk your health and wellbeing on a snakes oils merchant but actually invest in your own health and speak to a qualified person that will help you create that diet in a way that has far less chance of being bad for your health. I shouldn't have to say this, especially on a forum like this but do not accept anything like this as fact from some stranger. Go back, read the OP again. Find all the buzzwords. Even the title is a buzzword.

next, if you are a pro then one you wouldn't be buying something like this and two, unless you dont give a single shit about if someone gets physically hurt because of a "dubious" course you would be saying what I am i.e. don't trust your physical wellbeing to a hackforums user.

You know, if I can be honest? Did you buy this ultimate guide to freeing yourself, transforming your physique and achieving all your goals or were you paid for positively reviewing this miracle solution? Just thinking out loud, I've read a lot of marketing buzzwords today and since what I know from actual professionals would advise against following random health advice the tone of your post sounds awfully like an ultimate guide to writing an ambivalent if not positive, very vague aimed at everyone review.

uhtred - July 11, 2023, 5:30 am

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Hi,

So regarding your concerns, no this is not generated with common sense and ChatGPT. And I never stated this is a short cut.

This is an advanced guide for beginners and advanced fitness enthusiasts that want to learn more about subjects that are covered in the course.

The course explains nutrition and shows how to create a diet and fitting macros. The course also shows different approaches to workouts and helps you get a better understanding of what is suitable for you.

I'm sorry to hear you don't have you have trouble believing in the course.

Also good to keep in mind, this was a vouch copy that was given to the him. So there would be absolutely no reason to praise something that doesn't seem legit.

Have a nice day!

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biscuit deluxe - July 11, 2023, 5:44 am

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You clearly misunderstand what OP is selling here since you're twisting the words of what the product offers.

Furthermore, there are no assumptions made about the person that reads this guide. It explains the foundations that EVERYONE agrees on. This guide literally guides the reader, so any results ultimately depends on them.

I suggest you delete your post because it makes you look like a dyslexic fool.

Airbourne - July 11, 2023, 6:41 am

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From the top to bottom:

Trying to establish fake authority and how "special" and ultimate the course is

Goading people by suggesting that its only such a small amount to pay to be able to "unlock your full potential"

Playing at the fear of missing out as typical, get it now while its on sale before its too late!!!!
"Give me your money now, dont wait another day!"
same bullshiut sales tactic as before

blah blah blah empty drivell, FREE yourself with this course that is LIFECHANGING. For only 15 only now buy fast while stock last because how could you not spend just 15 to get this lifechanging course?

Ugh. Confused me on the part where you say that this lifechanging ultimate fitness guide isn't actually, lifechanging, ultimate or anything special and its on the specific person to make the effort. Well in that case why don't they read something from a qualified professional that is also free for them to get? Arguing with course pushers is exhausting so excuse me if I don't respond further - there isn't anything else for me to be said. Maybe someone will google fitness coach scam and find something that describes this thanks to the manipulative tactics at the very beginning there.

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I understand your frustration and skepticism towards the sales tactics used in promoting this course.

You rightly point out that the effectiveness of any fitness guide or course ultimately depends on the individual's effort and commitment. This guide is meant to help and guide people into the right direction. Fitness and working on you body can indeed be life changing, or would you disagree?

Yet again have a nice day!?

Pochino - July 11, 2023, 10:57 am

This plan is described in such detail that everyone not only does fitness but also knows why and how they do it. It is essential to study this plan before starting any training or dietary changes.

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uhtred - July 11, 2023, 11:03 am

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It is not written by any AI. There is much important information that you will not know from your protein descriptions or fitness trainer in your gyms.

Thank you for your kind words! Lot's of time and effort was put into this to make it a whole.

I'm looking forward to your progress!

Let's get it!

All vouch copies have been distributed, and have recieved a vouch in return.

First 10 copies sold from now are for a discounted price, grab them before they are gone.

Start your transformation today!

Wilmer - July 12, 2023, 3:12 pm

I'm in the gym every day and I've learned there are always ways to improve your fitness/nutrition over the past few years of lifting. I'm curious about your fitness journey. You have a before and after? Assuming you lift/exercise of course since you're selling a course.

uhtred - July 12, 2023, 9:00 pm

(Jul 12, 2023 03:12 PM)Wilmer Wrote: [\[CITE\]](#) I'm in the gym every day and I've learned there are always ways to improve your fitness/nutrition over the past few years of lifting. I'm curious about your fitness journey. You have a before and after? Assuming you lift/exercise of course since you're selling a course.

Hi Wilmer,

Yes I do have a before and after, and I also have client transformations. If you would like to see my before and after send me a message.

Greetings,
Uhtred

uhtred - July 15, 2023, 3:14 am

The course has been updated after some feedback from people that enroled.

Shamrocks26 - July 20, 2023, 7:11 am

I've been involved with sports my entire life (football in college) and have extensive knowledge of lifting/fitness. I'd be interested to see what's involved with this

uhtred - July 20, 2023, 7:16 am

(Jul 20, 2023 07:11 AM)Shamrocks26 Wrote: [\[CITE\]](#) I've been involved with sports my entire life (football in college) and have extensive knowledge of lifting/fitness. I'd be interested to see what's involved with this

You're free to start a contract, if you have some questions. You can message me on here or on discord.