IRON and CHAOS

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## Personal Training with Kaylynn Tester





# About

Created by a mom who knows the chaos firsthand, Iron & Chaos Fitness is where strength meets real life. And as a certified women's fitness personal trainer I understand how important strength training is for women throughout their life. We blend expert training, sustainable habits, and encouragement to help women become stronger, healthier, and more confident in every season of life.

# Hybrid Coaching Program

# $99/ month

Clients receive:

- A fitness assessment to observe their needs and abilities
- One structured in-person session per week
- Customized workouts they can complete independently accessible in app
- Instructional exercise videos within their training app
- Messaging support text, email, or in the app
- Bi-weekly check-ins and progress tracking
- General nutrition guidance and macro-based coaching support

# Transformative Powers of Strength Training

Strength training offers far more than just aesthetic benefits for women; it can genuinely serve as a fountain of youth. As women age, the advantages of strength training include:

- Increased bone density
- Boosted metabolism
- Enhanced muscle mass
- Improved sleep patterns
- Elevated endorphin levels

Additionally, strength training can help to decrease:

- Blood pressure
- Blood sugar levels
- Mood swings
- Hormonal imbalances

These benefits are particularly important as women age, as they contribute to greater bone density and independence. Ultimately, this leads to a reduced risk of falls, injuries, and orthopedic surgeries.

The best part? It's never too late to begin. With the right program and support, you can lead a strong and fulfilling life.