

Trainer's Shakes

The Personal Trainers and Group Fitness Instructors that work in your facility can be great allies in building your Juice Bar business. PT's have the ear and trust of your members, so when they understand the science behind post-workout recovery they can steer their clients into the perfect shake for their recovery.

A great way to get your PT's on board is let them create a custom shake and name it after themselves. If they're using ingredients that they like and creating nutritional profiles that they believe in, it will be easier for them to recommend the shake to their clients. You can even make a contest out of it. Get all of your PT's to make a shake and see whose recipe sells the most in a week or a month.

Make sure to award a prize that reinforces the behavior of getting their clients to recover properly after their workout. The client will see better results, the PT will get better word of mouth and before you know it, Juice Bar, membership and PT sales are booming!



TRAINER'S SHAKES
Go Ahead & Try Them All!

JANE'S SHAKE
6 oz. Choice of Milk
1 bag Mocha Java
1 bag Truly Coffee
1 bag Vanilla Whey Protein
Ice
Blend and Enjoy!

JAKE'S SHAKE
4 oz. Dr. Smoothie Puree
4 oz. Water
4 Freeze Dried Bananas
16 oz. Ice
Blend and Enjoy!

JAMES' SHAKE
3 oz. Dr. Smoothie Puree
3 oz. Water
1 bag Vanilla Whey Protein
4 Freeze Dried Bananas
12 oz. Ice
Blend and Enjoy!
*Pulse in Freeze Dried Strawberries or Blueberries to any fruit shake!

Example Gym

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