

## The 8 week **S.P.A.R.K.S Conditioning** Virtual Online Program.

### **Why did I put this together outside of my normal one on one online programs?**

Well because I've got many personal notes on social media and good old fashioned emails from people asking for direction and advice on getting into better shape as they round the corner from the craziness that was quarantine and the rest of 2020. I decided to create a bodyweight focused approach to building the body you desire and deserve so that not having access to a gym or fancy equipment would not stop you from doing what you can now to build what you desire!

### ***"Will this be a personalized program tailored to me?"***

What you will receive is a workout outline built on specific, results oriented principles that you will have tailored to you based on your starting point and progress. That's the importance of figuring out where you are at and where you want to go because "if you can measure it you can manage it and if you can manage it you can make it happen!"

### **Getting Started**

I'll be hosting a video call on (**Wednesday August 10<sup>th</sup> at 7:30pm**), and an online video class on Saturday August 15 to help you with setting up your personal starting point all while getting a sweat and having some fun. Well, it'll be fun for me at least watching you sweat, haha!

Alright, I've yapped your eyes off with this little novel but wanted to get a few questions answered before you jumped into the program pdf which will be sent to you once you send me an email with the subject heading "**More 8 Week Program Info Please!**" to [mark@sparksconditioning.com](mailto:mark@sparksconditioning.com) for your package!

I'm excited to join you on your journey as you work towards building what you desire and deserve. And, of course, Thank you. Now send me that email!

### **Mark Sparks**

*Conditioning Specialist and Certified Hope Dealer.*

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IG: [@marksparksinc](https://www.instagram.com/marksparksinc) (personal).

**Speed. Power. Adaptability. Refinement. Kinesiology. Satisfaction.**

**S.P.A.R.K.S Conditioning**

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