

MPT90

TRANSFORMING CIVILIANS INTO MILITARY SHAPE



MPT90

90-DAY MILITARY FITNESS TRAINING PROGRAM TO MAXIMIZE FAT LOSS, METABOLIC ACCELERATION, AND MUSCLE DEFINITION

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What's up! Beau Morrow here...

Let's get straight to the point: **How does the military transform regular guys from flab to fit in just a few months?** Good question, and you're about to find out.

MPT90 is a 90-day military fitness program to maximize fat loss, metabolic acceleration, and muscle definition. This is not a program for everyone – it requires commitment, dedication, and a little grit. And for those few men who give it there all and trust me and the system, you will look better, feel better, and perform better with a proven military formula to get you there.

Now, I'm a normal guy just like you, but I LOVE teaching guys how to shred fat and build insane amounts of muscle definition - outside of my faith, my family, and my business, it's my #1 passion in life.

But why the heck should you listen to me? Well, you don't have to, of course, but over the past 10 years, I'm someone who has built an athletic, military physique while **serving active duty in the U.S. Coast Guard.** I've deployed numerous times out to sea on anti-drug missions, staying lean, and training my military brothers at our units. Additionally:

- Served as a USCG Health Promotion Coordinator.
- Certified Personal Trainer via ISSA.
- Certified Nutrition Coach via PN, NCI, and ISSA.

At all my units, I've helped my fellow brothers and sisters in the service to transform and become better versions of themselves, and now I'm extending that out to those outside the military. I've realized that you don't have to live in a gym to build eye-catching muscle or be on some fad keto or paleo diet to burn fat.

You only need to be taught how to use the **SIMPLE** and **BASIC** tools that **WORK** for the military. **Bottom line, I'm on a mission to help guys just like yourself reach military levels of untapped growth with confidence, discipline, and a ton of turned-heads!**



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So Why Did I Create the Case Study Program?

Just a few years outside of college, I was struggling to come to terms with who I was.

I had wrestled and played soccer in high school, and I had continued playing soccer in the summer leagues and throughout college. I was never ripped, but I had always had a lean body due to playing sports. But now my former college athlete body was gone, my sleep cycle was off, my nutrition was non-existent, and worst of all - I was unhappy.

I was working as an overweight third shift security guard, and I had settled into life after college. Because of my nighttime work shift, I was gaining weight and losing sleep at any alarming rate. The thing is, I wasn't prepared to change. **To be honest, I didn't even know I COULD change. I thought I was stuck, and this was it for me.** Something had to change. I knew I couldn't stay unhappy, but I didn't know how.

I looked at my job, thinking I just needed to get a new opportunity. I looked at different openings in the area, but the economy wasn't good, and there were not many jobs for me - certainly none for my degree. My boss, a former military guy in the Coast Guard, suggested I apply at the local enlistment office. I had always dreamed of joining the military, so I went ahead and decided to try.

After talking to the recruiter for a bit, my application was processed, and I was in! And that's when it hit me...There was NO way I could go to bootcamp overweight and out of shape.

I looked for a local gym near my apartment and bought a membership, but I didn't know what I was doing. I stayed away from the free weights and the big dudes. **I did what I saw everyone else doing and hopped onto the treadmill. I thought the best way to get in shape was just to run...**

But I didn't make much progress. That didn't matter, though. Because something happened that changed everything – bootcamp. **How does the military take overweight guys like me and whip them into fighting shape?**

They take key elements of the training and information YOU will receive and implement them consistently. **We didn't use a gym, we didn't go on a diet,** and as crazy as it sounds, **we didn't even run as much as I thought we would.** I'm thankful for that, because I dislike running A LOT. *The military has a way of making it all simple.*

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But why is that? Simple: the military can't waste time trying to get you into shape.

There is only so much time in bootcamp, and they also need to train you in other aspects of military life. **Put in another way; they have only a limited amount of time to prepare you, so they practice only proven weight loss methods to get you lean and strong.**

I lost 20 pounds in bootcamp. In my experience, those who have succeeded and grown the most are those that have implemented the foundational aspects of military training in bodyweight, calisthenics, and HIRT (High Intensity Resistance Training – not to be confused with HIIT).

It's not your fault though that you've been struggling and being fed **myths** and **lies** by social media about how to lose weight. They tell you that you have to be in a gym 24/7, that you have to buy hundreds and thousands of dollars worth of supplements, and that you have to subscribe to some Keto, Paleo, Vegan, or other way of eating.

In the *MPT90 Program*, we have **3 Core Pillars of Belief**: No diets, No gyms, and No complexity. Can you diet, utilize gyms, and use complex exercise systems? Sure, but you don't need them to burn fat. And in MPT90, you'll use none of that.

Over the course of 90 days, I'm going to work with a select group of highly motivated men (Will you be one of them?) and guide them, step-by-step, to their next 10-20lbs of permanent fat loss and muscle definition.

This means we're focusing on optimal nutrition and military fitness standards — so you'll still be working hard (as you already are) but you'll **DOUBLE** or even **TRIPLE** your fat loss in a fraction of the time that you've already invested.

Pretty much everyone who comes to me already has the God-given potential to achieve a truly jaw-dropping physique, *without first needing to perfect their number of sets and reps, training split, taking a boat-load of bogus supplements, or flat out wasting their time jumping from one program to another.....*and I'd love to show you how.

But you might be wondering, "Will it work for me?"

Well, that'll depend on YOU. Because I'll be giving you the exact same system that multiple military branches, including the U.S. Coast Guard, use without the worry of going to bootcamp. **It's the same system that helped me lose 20 pounds.**

So I know the program is capable of delivering the promised results!

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The Case Study Program Details:

The goal with our case study program is to work closely with **7 men** and help them achieve their next 17 pounds of fat loss, achieve metabolic acceleration, and muscle definition.

Since I'm still active-duty Coast Guard, I can only take 7 (max of 10) men at a time in order to give them the personalized 1-on-1 coaching, so these spots are VERY limited.



Now, if you're accepted into MPT90 case study program, here's what you're going to get immediately upon joining:

- ✔ MPT90 Military Resistance Training Regimen
- ✔ MPT90 MRE's (Macros Ready to Eat)
- ✔ No Man Left Behind Accountability
- ✔ BONUS: Sandbag Exercise Gear
- ✔ BONUS: Pull-up Bar Exercise Gear
- ✔ BONUS: Food Scale
- ✔ BONUS: Bodyweight Scale
- ✔ BONUS: MLN Supplement Stack
- ✔ BONUS: Fitness App Access



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Here's what to expect (and what's expected of you):

1. MPT90 Military Resistance Training Regimen : 90-Day LIVE Challenge Coaching (\$997 Value)

All of the components of your program will be available on our Trainerize app once you're registered. You'll also have downloadable PDF versions of your program available as well. **Since you'll be waiting for the tools, equipment, and supplements to ship to your house, the first two weeks will ease you into the program without needing any of that gear.**

2. MPT90 Macros Ready to Eat (MRE's) 90-Day Weekly Customized Meal Plans (\$1500 Value)

Throughout each phase of this program, **meal plans will be completely customized to fit YOU.** Once you sign up, you'll be given a simple nutrition questionnaire that needs to be filled out and returned to me. Your ongoing custom meal plan will ensure that your progress never slows or gets stuck, and you'll always be clear on what to eat moving forward. **(Plus, they're easy and simple meals to make!)**

3. "No Man Left Behind" Weekly Coaching Calls (\$1997 Value)

Every week, we will have a **1-on-1 No Man Left Behind Coaching Call.** This isn't a group call. This is not with one of my team members. This is just me and you. Not only must you commit to not going dark on me, I also won't let you. I am your coach, accountability partner, and online drill instructor. I won't let you fail! At these quick coaching calls, you and I will discuss your macros, nutrition, workouts, and overall happiness. **I don't want you to just survive, I want you to THRIVE.**

4. Military Gear - Sandbag Exercise Equipment (\$157 Value)

Your workouts will be comprised of HIRT (High Interval Resistance Training) utilizing military-style bodyweight and sandbag exercises, so I will be providing you sandbag gear to help with this!

- **Paid in Full BONUS #1:** Protein, BCAA, and Pre-Workout Supplement Stack (\$197 Value)
- **Paid in Full BONUS #2:** Military Gear - Home Pull-up Bar Equipment (\$37 Value)
- **Paid in Full BONUS #3:** Military Gear - Food Scale, Bodyweight Scale, and measuring tape (\$100 Value)

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Who Is This Program For?

- Guys who want to **lose their first, last, or next 10-20 pounds of fat**, put on permanent muscle definition, and break free from mediocrity of feeling “less than” a man.
- Guys who are **sick and tired of being overlooked and not taken seriously** based on their appearance.
- Guys who are lost in the confusion over social media and how to lose weight fast.
- Guys who accept constructive criticism and are SPONGES to learn and grow.
- Guys who know they deserve to have the physique they work so hard for, but must first invest in the knowledge, time, and accountability to help them get there.
- Guys who want a brotherhood of men forged and supported by military experience and comradery.
- Guys who want to feel confident and proud when they see their physique in the mirror.

You won't need a gym and you won't need to buy anything else. The military provides all its recruits with everything they need to survive bootcamp, and as YOUR coach, I'm doing the same.



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Who Is This Program NOT For?

- Guys who jump from program to program “hoping” for results.
- Guys who think they already know it all.
- Guys who don't speak up when they need help or guidance.
- **Guys who don't have at least 3-4 days per week** to dedicate towards progressive workouts.
- **Guys who are Vegan, Vegetarian, Paleo, Keto, or on any other diet.** I'm not bashing these particular systems, however I believe all diet systems have a particular flaw that Macro Nutrition (which I teach and live by) addresses. With macros, you'll never diet again. And with MPT90, you certainly won't.

What's the Investment?

In the near future I plan to sell this program for \$2,500 USD to help offset the amount of supplements, gear, weekly meal planning, and nutrition tool bonuses given.

But since you'll be one of our “MPT90 Case Study” members, your investment is **only \$499 USD a month** (or \$1500 paid in full if you would like the bonuses).

Think about that number this way — If you hired your local trainer at the gym (**whom most don't specialize in macro nutrition, have military experience, or have nutrition certifications**) for the North American average pay of \$65/hour for 12 sessions a month, then **your cost would be \$948 per month**, and that's without the most important thing — custom meal planning!

That's **2,844 dollars** in three months without the macro meals, your own gear, your own supplements, nutrition tools, and the ability to contact your coach whenever you need it. If you add in supplements, custom meal planning, and gym gear, you're looking at anywhere from 3,000-5,000.00 USD.

Basically \$499 is a NO-BRAINER for 1-On-1 custom coaching with me.

You most likely **already** make a significant financial investment towards gym memberships, brand new supplements that turn into expensive pee, or the crap-ton of food that doesn't support your hormones, digestion or well-being.

You won't need to mess with any of that stuff anymore...

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Is There a Guarantee?

Absolutely. I can guarantee you my time, my energy, my meal plan strategies, workouts, coaching, and commitment. **If you don't lose 17 pounds in three months, I will coach you for an additional 3 months for free** to get you where you need to be.

If you implement everything I show you, and you still don't see a change in your body, I'll gladly refund your money minus the costs of gear after 6 months.

Why Is It So Affordable?

As I've mentioned, you can't build an athletic physique by doing the same things that you see everyone else doing. You don't need to break the bank for customized coaching, but you DO get what you pay for. And if you hire a coach who is cheap (\$100-200/month), you're going to get cheap results.

Here's a simple question for you: If you could look in the mirror 3 months from now and see muscle definition and abs on your frame, wouldn't you be glad that you said YES?

My vision for you is to permanently eliminate 17 pounds of fat (or more) and then pack on muscle. **I can't be successful without your success, so I am just as invested in you as you should be.** Not only am I investing my time in you, but I am paying for your gear, supplements, and tools so that I can do EVERYTHING in my power to get you to succeed and transform your life. Transformation is what it's all about. Let's do this!

How Can You Claim One of the Final Spots?

If you've read everything above and feel that this **IS** the program for you, reply back with "**Beau, Let's Do This!**" I'll get back to you with the next steps to get started.

I'm pumped to help you shred some fat so you can start feeling proud of your physique and achieve the body, confidence and life you've always dreamed of.

Stay BLESSED,

- **Beau, Your MPT90 Transformation Coach**

P.S. Have any questions about the program? If not, let me know if you're in or out!