



**STRYDOM ACADEMY<sup>®</sup>**  
INTERNATIONAL  
**PROGRAM PRICE LIST**

RAISE YOUR GAME ONE ON ONE WITH  
**GARY STRYDOM IFBB PRO + TEAM**  
**TRAINERS TRAINER**

Below we list the prices for the different Strydom Academy programs that are currently only available online. These packages are for written meal plans and training schedules. The VIP price is for the same with a scheduled 2 hour Skype call live with Gary. Please use the PayPal account which is linked to the email champwbf@msn.com. Western Union or Money grams are also accepted. Before any information is exchanged the amount must be paid for the selected plan. There is no one on one training available. One on one coaching could be scheduled in your country but not in Thailand.

\* We will post the scheduled dates for the future G-Tour appearances on the website. There will never be any appearances done in Thailand.

**VIP:** The VIP price gives everyone a chance to speak to Gary one on one on Skype at a scheduled and planned time that fits both parties.

## SMASH TRAINING

(For men or woman at any level including beginners) Must be 18 years old or older

Your chance to learn how to build a **RIPPED** and shredded body for bodybuilding, fitness or the movies. Oh did I leave out for the beach, for the mall/night clubs and general purposes? It does maintain a healthy lifestyle as well so in a nut shell it's for everyone... **BUT CAN EVERYONE SURVIVE IT?** You learn very specific Smash movements one on one with the legend Gary Strydom in the evenings and cardio/mobility sessions in the mornings. It's technical teaching with the correct rep range, rep speed, rep action, body positioning, feet and hand spacing. Workout pace and intensity is taught using the "trick count" system which uses hypnotic mind control to cheat the body into doing mind blowing sets. Charts and illustrations are given to showcase your workouts, meals plans, cycle stack and self-motivation

900 USD

1,500 USD (VIP)

## MUSCLEDOM TRAINING

(For men or woman at any level including beginners) Must be 18 years old or older

Your chance to learn how to build **QUICK MUSCLE MASS** for bodybuilding, fitness or just simply to dwarf everyone around you. Let's be clear it's mass with class meaning its lean muscle mass gains. You better be tough because it's rough. You learn very specific Muscledom movement's one on one with the legend Gary Strydom in the evening and mobility and cardio classes in the morning. It's technical teaching with the correct rep range, rep speed, rep action, body positioning, perfect feet and hand spacing. Workouts require the trick count system and mid - set pause theory. Weights are slightly heavier and movements are slapped up together for a pin point attack on deep muscle fibers. Charts and illustrations are given to showcase your workouts, meal plans, cycle and self-motivation.

900 USD

1,500 USD (VIP)

# CONTEST TRAINING

(For advanced athletes)

Your chance to learn all about how a professional bodybuilder prepares for a CONTEST. This covers everything you should be doing in the last 12- 16 weeks of contest preparation. The training is given in the evening with Gary one on one and the cardio/mobility class in the mornings. Gary discusses everything about diet, water manipulation posing, cycles, carb depletion and carb loading. You are given charts and illustrations to showcase workouts, meal plans, cycles and self – motivation. Everything should and must be written down because there's a lot to be handed off that's done in casual conversation. We strongly suggest that when you leave the academy you sign up Online Boss coach so when the contest approaches Gary can guide you daily and weekly up to the show.

**950 USD**

**1,500 USD (VIP)**

# AGELESS (ANTI AGING)

(It's usually for people 40 plus)

Your chance to learn ANTI -AGING secrets from AGELESS himself... Gary Strydom. This program shows you how to work out and use modern technology to reverse the aging process. You will gain back that energy and physical ability to do the things you always loved to do. No matter what condition you currently in we can drastically improve how you look and feel. We use exercise, nutrition and medical science to boost your body. You given charts and illustrations to show case your workouts, meal plans and other services. TRT is given to those that have low testosterone - blood work must be given for review. You receive one on one coaching with Gary In the evening and conditioning and mobility classes in the morning.

**950 USD**

**1,500 USD (VIP)**

# WEIGHT LOSS OUR SIX PACK COURSE

(Weight Loss-Our Six Pack Course)

Your chance to finally learn from the professionals how to lose that excess BODY FAT and keep it off. Your dream of having a six pack is very doable. We show you how eating healthy nutritious food is the simple and right solution to get rid of excess body weight effortlessly and become slim and healthy forever. Of course we use exercise in the right amount with passion, commitment and consistency. This program gives you one on one with Gary in the gym in the evenings and cardio and mobility classes in the morning. It also gives you time to learn from Gary and the team how to shop and cook your foods. We also suggest supplements and other medicines with charts and illustrations for workouts, meal plans and self-motivation. A goal without a plan is just a wish.

**750 USD**

**1,500 USD (VIP)**

If you have any questions, do contact us at email: [academy@garystrydom.com](mailto:academy@garystrydom.com)

[WWW.GARYSTRYDOM.COM/ACADEMY](http://WWW.GARYSTRYDOM.COM/ACADEMY)