

## **01\_TR\_ATV\_Full**

TK 1 - 00:14

**TK 2 - 01:23 use this one**

**02:26 use this pick up for YOU ARE AN INDIVIDUAL**

YOU HAVE GOALS AND YOU'RE MOTIVATED TO REACH THEM  
BUT THE PATH TO SUCCESS ISN'T ALWAYS CLEAR...  
UNTIL NOW

GET FASTER WITH INTELLIGENT TRAINING DRIVEN BY YOUR GOALS TO GIVE YOU THE RIGHT WORKOUT  
EVERYTIME.

ADAPTIVE TRAINING FROM TRAINERROAD IS THE FUTURE OF TRAINING.  
IT USES MACHINE LEARNING, SCIENCE-BASED COACHING PRINCIPLES, AND AN UNPRECEDENTED DATA  
SET TO TRAIN YOU AS AN INDIVIDUAL.

WITH EVERY SUCCESS, OR IN RESPONSE TO ANY SETBACK, ADAPTIVE TRAINING ADJUSTS.  
STAY ON TRACK FOR YOUR GOALS, NO MATTER WHAT.

YOU ARE AN INDIVIDUAL, AND NOW YOUR TRAINING PLAN IS TOO. xxx  
USE THE POWER OF ADAPTIVE TRAINING FOR YOUR SCHEDULE, YOUR LIFE, AND YOUR GOALS.

IT'S NOT JUST A TRAINING PLAN, IT'S YOUR TRAINING PLAN,  
ADAPTIVE TRAINING FROM TRAINER ROAD

THE RIGHT WORKOUT, EVERYTIME

## **02\_TR\_ATV\_Cutdown\_Overall**

**TK1 - 03:07**

End line - 03:35, TK 2 03:41, **TK 4 04:00**

ADAPTIVE TRAINING FROM TRAINERROAD IS INTELLIGENT TRAINING DRIVEN BY YOUR GOALS.

IT USES MACHINE LEARNING, SCIENCE-BASED COACHING PRINCIPLES, AND AN  
UNPRECEDENTED DATA SET TO TRAIN YOU AS AN INDIVIDUAL.

ADAPTIVE TRAINING FROM TRAINERROAD. THE RIGHT WORKOUT. EVERY TIME.

## **03\_TR\_ATV\_Cutdown\_Individual**

**TK1 - 04:20**

End line - 03:35, TK 2 03:41, **TK 4 04:00**

USE THE POWER OF ADAPTIVE TRAINING FROM TRAINERROAD FOR YOUR SCHEDULE, YOUR  
LIFE, AND YOUR GOALS.

IT'S NOT JUST A TRAINING PLAN, IT'S YOUR TRAINING PLAN,

ADAPTIVE TRAINING FROM TRAINERROAD. THE RIGHT WORKOUT. EVERY TIME.

#### **04\_TR\_ATV\_Cutdown\_Machine Learning**

TK1 -

Tk2- 04:55

**TK3 - 5:22**

End line - 03:35, TK 2 03:41, **TK 4 04:00**

ADAPTIVE TRAINING FROM TRAINERROAD USES MACHINE LEARNING, SCIENCE-BASED COACHING PRINCIPLES, AND AN UNPRECEDENTED DATA SET TO TRAIN YOU AS AN INDIVIDUAL.

WITH EVERY SUCCESS, OR IN RESPONSE TO ANY SETBACK, ADAPTIVE TRAINING ADJUSTS.

ADAPTIVE TRAINING FROM TRAINERROAD. THE RIGHT WORKOUT. EVERY TIME.

#### **05\_TR\_ATV\_Cutdown\_Goals**

TK1 - 05:42

**TK2 - 06:03**

**TK3 - 6:32 - pick up of line - ADAPTIVE TRAINING FROM TRAINERROAD ADJUSTS WITH EVERY SUCCESS, OR IN RESPONSE TO ANY SETBACK.**

YOU HAVE GOALS AND YOU'RE MOTIVATED TO REACH THEM

BUT THE PATH TO SUCCESS ISN'T ALWAYS CLEAR...

UNTIL NOW

ADAPTIVE TRAINING FROM TRAINERROAD ADJUSTS WITH EVERY SUCCESS, OR IN RESPONSE TO ANY SETBACK.

STAY ON TRACK FOR YOUR GOALS, NO MATTER WHAT.

ADAPTIVE TRAINING FROM TRAINERROAD. THE RIGHT WORKOUT. EVERY TIME.