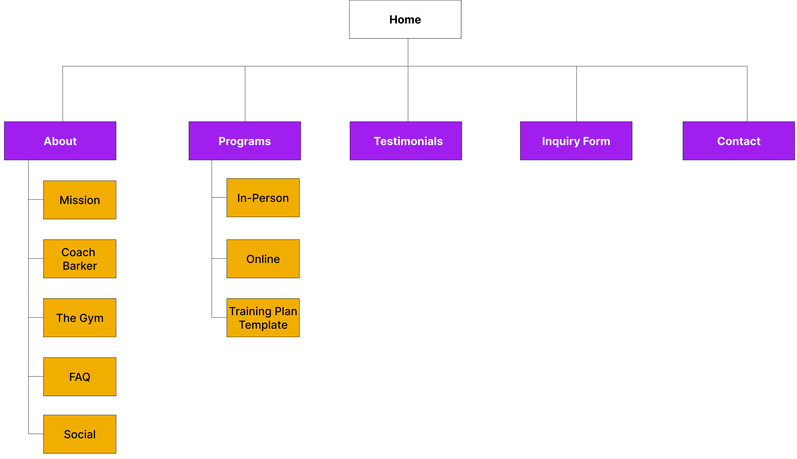
Home
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Mission
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FAQ
Social
In-Person
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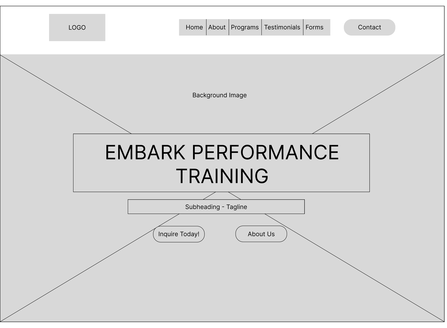
Training Plan Template


LOGO
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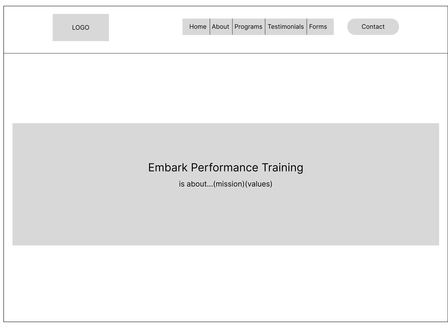
Background Image
EMBARK PERFORMANCE TRAINING
Subheading - Tagline
Inquire Today!
About Us


LOGO
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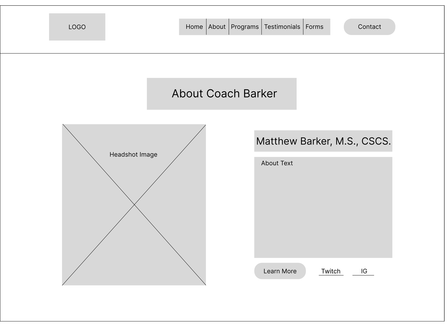
Embark Performance Training
is about...(mission)(values)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About Coach Barker
Headshot Image
Matthew Barker, M.S., CSCS.
About Text
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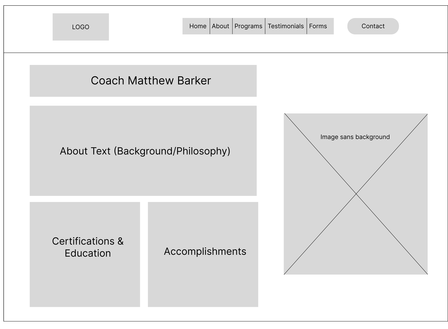
Twitch
IG


LOGO
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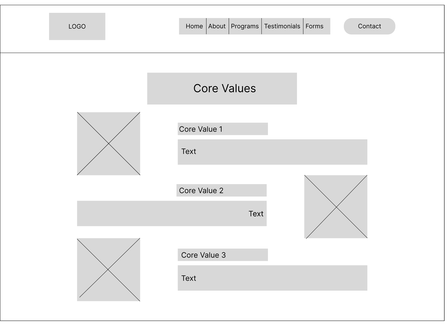
About Text (Background/Philosophy)
Image sans background
Certifications & Education
Accomplishments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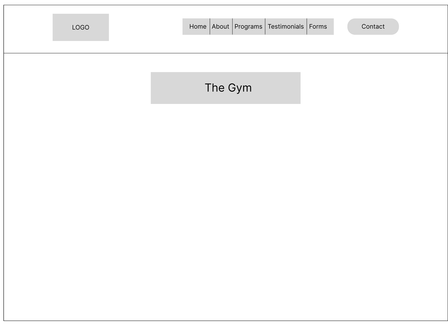
Core Value 1
Text
Core Value 2
Text
Core Value 3
Text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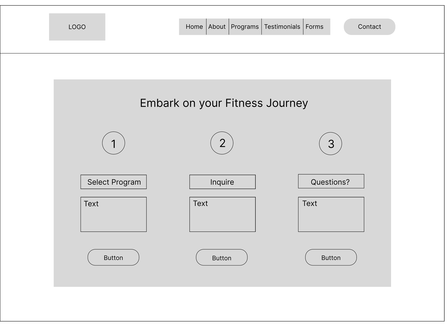
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Embark on your Fitness Journey
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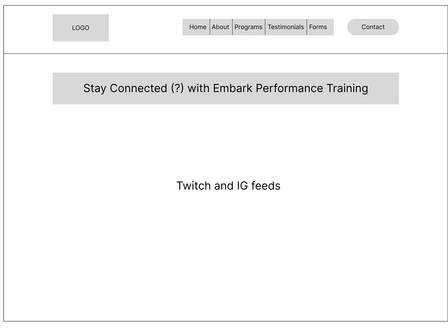
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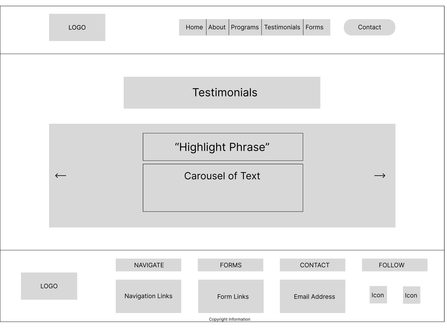
Stay Connected (?) with Embark Performance Training
Twitch and IG feeds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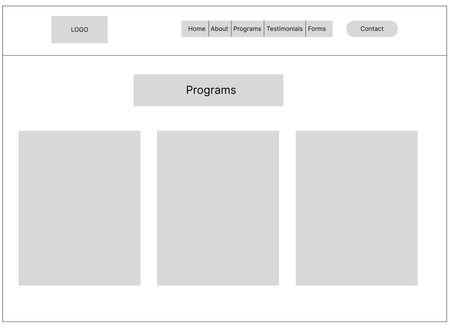
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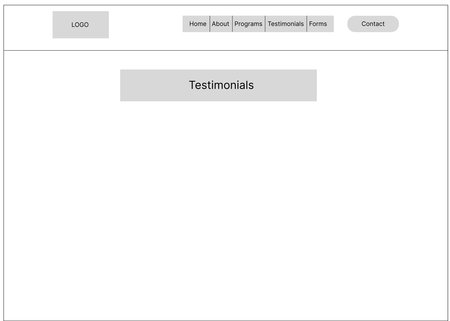
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