



IRON THERAPY

PERSONAL TRAINING

I help women unleash their inner badass

CONTACT ME TODAY



daisy@daisymollica.com



www.irontherapyca.com



[@iron_therapy_ca](https://www.instagram.com/iron_therapy_ca)



Full Home Gym



760.815.0784



Carlsbad

5 QUESTIONS TO ASK YOURSELF BEFORE YOU START TRAINING

1. WHY DO YOU WANT TO WORK WITH A PERSONAL TRAINER?
 2. WHAT ARE YOUR FITNESS GOALS?
 3. WHAT DOES THAT LOOK LIKE FOR YOU?
 4. WHY IS THIS IMPORTANT TO YOU?
 5. WHY IS THIS IMPORTANT TO YOU NOW?
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I want to work together with you as a team to help you achieve your goals and dreams.

Contact me today for a free fitness assessment and goal setting.

DEDICATION - CONSISTENCY - PERSISTENCY

