





WHAT IS STREET PARKING?

STREET PARKING IS A **DIGITAL FITNESS PLATFORM AND ONLINE COMMUNITY** THAT PROVIDES THOSE WITH **LIMITED TIME, SPACE, OR EQUIPMENT** THE TOOLS THEY NEED TO **TAKE CONTROL OF THEIR FITNESS.**

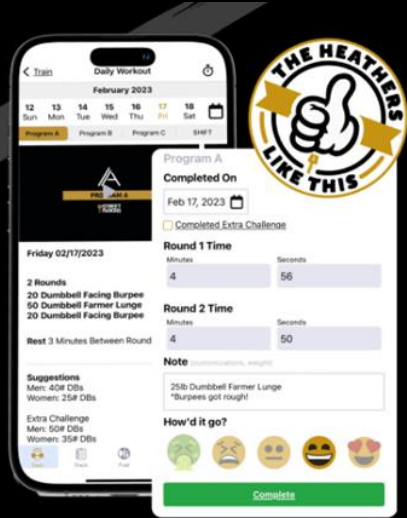
THE STREET PARKING **WORKOUTS** ARE DESIGNED TO BE **SIMPLE, FUN, AND WITH OPTIONS AVAILABLE FOR ALL** EXPERIENCE LEVELS AND GOALS.

OUR RESOURCES CAN HELP ANYONE **BUILD CONSISTENCY**, AND OUR TOOLS CREATE **SIMPLE SYSTEMS FOR PERSONAL ACCOUNTABILITY AND GROWTH.**

WE HAVE AN **ENGAGING AND ACTIVE COMMUNITY OF TENS OF THOUSANDS MEMBERS** WORLDWIDE REPRESENTING DIVERSE FITNESS AND LIFESTYLE BACKGROUNDS.

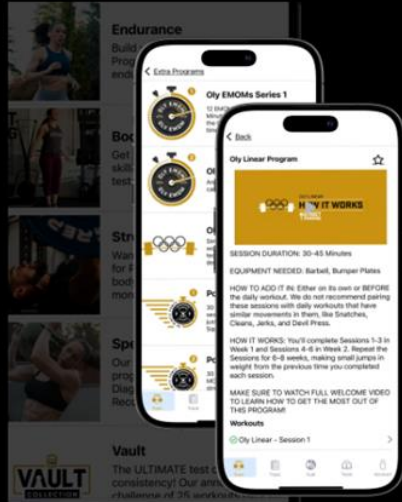
WE SIMPLIFY FITNESS SO THAT YOU CAN LIVE A MORE BALANCED, HEALTHY LIFE.

MEMBERSHIP - WHAT'S INCLUDED



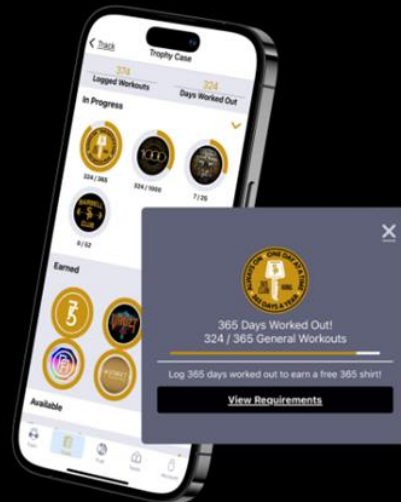
Daily Workouts

Workouts customizable for your equipment, time, and fitness level



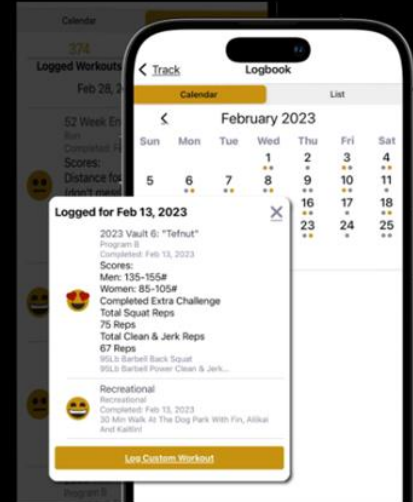
50+ Extra Programs

Find what works for you! Add variety to your training with access to fitness programs with a focus.



Trophy Case

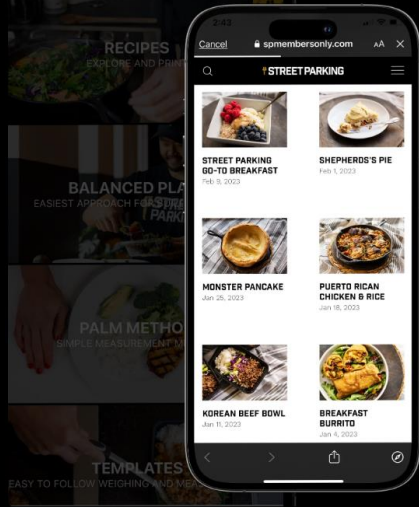
Fun tools to help you build consistency. Earn free gear and badges along the way!



Logbook

Personal logbook to track your fitness consistency! Log SP and non-SP workouts.

MEMBERSHIP - WHAT'S INCLUDED



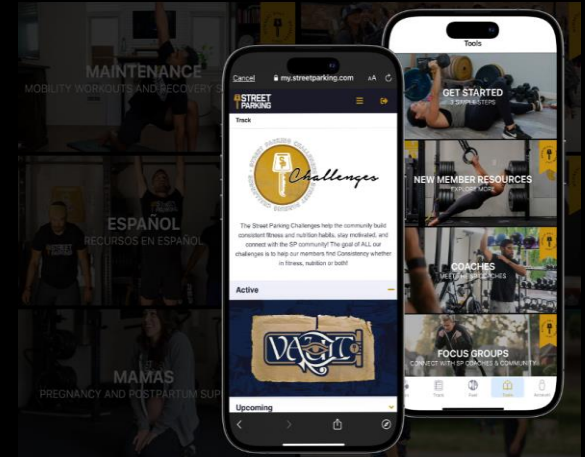
Nutritional Support

Develop and maintain healthy nutritional habits with our resources including weekly recipes, nutrition coaches, challenges, and more!



Supportive Community

You will not only have direct access to the Street Parking Coaches and staff - but to a community of members like none other!



Additional Resources

Maintenance and Mobility, Mamas: Pregnancy and Postpartum Support, Recursos en Español, Challenges, and so more!

WHAT MEMBERS HAVE TO SAY

“

Street Parking is the only way I'm able to stay fit. I have a full time job and two young children, which leaves no time to go to a gym. My home gym allows me to workout regularly without having to leave home. It's affordable and accessible and the community makes me proud to be a part of. Literally changed my life. THANKS STREET PARKING!

“

Street Parking has helped me become more consistent with moving my body every day - working out from home but still with the support of a worldwide community has been a game changer. Being able to go into my shed on days I'm working from home and pump out a workout has helped with my productivity at work and my mental health!

“

This community has changed my life in the 9 months I have been a part of it. I have tried ALL THE ONLINE THINGS and Street Parking is simply unparalleled. The diversity of programs, community engagement, and support is something every gym (virtual or no) should be trying to replicate. Street Parking truly makes fitness a lifestyle and not a trick/short term challenge.

“

Street Parking is the first workout programming that I have truly enjoyed and has allowed me to stay consistent. The ability to workout at home makes all the difference in my life as a working mom. I love that it is something my husband and I share and connect over and that my kids love to be involved in as well. This programming has truly been a blessing and I am forever thankful.

“

Street Parking has taught me the 'More than Nothing' mentality can apply to multiple facets of life. It has helped me look at fitness in a new perspective, and something I recommend to everyone!

“

Street Parking has changed my life. I've never before had the confidence or level of empowerment that I do right now. I'm so thankful.

“

Street Parking has taught me I can accomplish things outside of my comfort zone. I am capable!

“

All my life I was always into sports and working out, but my work consumed my life. I knew I needed to change my habits to feel better mentally and physically. Even though I have to wake up early to fit in a workout, I love that it's simple and quick. I feel way better mentally and physically, and my mood has drastically changed.

HOW TO GET STARTED

STEP 1: SIGN UP AT [MY.STREETPARKING.COM](https://my.streetparking.com)

STEP 2: CHECK OUT THE “**GET STARTED**” AND “**NEW MEMBER RESOURCES**” UNDER THE TOOLS SECTION ON MY.STREETPARKING.COM

STEP 3: BEGIN YOUR JOURNEY TOWARDS **FITNESS FREEDOM!**

ADDITIONAL RESOURCES

DAILY WORKOUTS

EXTRA PROGRAMS

MAINTENANCE

NUTRITION

CONNECT WITH US



DAILY WORKOUTS

- ACCESS TO EVERY VERSION OF THE DAILY WORKOUTS, SCHEDULED SIX DAYS EACH WEEK.
- FOUR (4) DIFFERENT VERSIONS BASED ON EQUIPMENT USED IN EACH WORKOUT.
- EACH WORKOUT IS ACCOMPANIED BY A VIDEO DEMONSTRATION, GUIDANCE FROM STREET PARKING COACHES, AND OPTIONS TO CUSTOMIZE MOVEMENTS BASED ON TIME, EQUIPMENT, AND ABILITY.
- YOU ARE FREE TO CHOOSE YOUR OWN VERSION OF THE WORKOUT THAT ALIGNS WITH YOUR FITNESS ABILITIES AND GOALS.

THE DAILY WORKOUT CAN SIMPLY BE DONE WITH **JUST A PAIR OF DUMBBELLS**, IF THAT'S THE ONLY EQUIPMENT AVAILABLE.



PROGRAM A

DUMBBELL VERSION

YOU MAY FIND OTHER EQUIPMENT INCLUDED IN THE WORKOUT (SUCH AS JUMP ROPE, PULL UP BAR, PLYO BOX), BUT WE ALWAYS PROVIDE OPTIONS AND SUGGESTIONS SO THAT PROGRAM A **CAN BE DONE WITH DUMBBELLS ONLY.**



PROGRAM B

BARBELL VERSION

THIS WORKOUT VERSION PROVIDES AN OPTION FOR THOSE WITH ACCESS TO (OR WHO ENJOY) WORKING OUT WITH A **BARBELL** IN PLACE OF THE DUMBBELLS IN PROGRAM A.



PROGRAM C

OTHER EQUIPMENT VERSION

THIS VERSION PROVIDES OPTIONS BASED ON AVAILABLE OR ALTERNATIVE EQUIPMENT SUCH AS AN EXERCISE BIKE, ROW MACHINE, OR EVEN A SANDBAG. YOU MAY ALSO FIND DIFFERENT SKILL OPTIONS LISTED.



SHIFT

SIMPLIFIED VERSION OF A-C

THE SHIFT PROGRAM IS THE MORE SIMPLE VERSION OF THE DAILY WORKOUT. THESE WORKOUTS ARE A GREAT PLACE TO START FOR THOSE NEW TO THIS STYLE OF TRAINING, THOSE RETURNING FROM ILLNESS/INJURY, FOR PREGNANT/POSTPARTUM, AND ADVANCED AGE DEMOGRAPHICS.



MOVEMENT LIBRARY: EVERY WORKOUT IN THE STREET PARKING PROGRAM INCLUDES A DEMO VIDEO WITH TIPS FOR THE MOVEMENTS INCLUDED. EVERY MEMBER ALSO HAS ACCESS TO OVER 200 VIDEOS IN THE MOVEMENT LIBRARY AND TECHNIQUE LIBRARY WITH IN-DEPTH INSTRUCTION ON HOW TO MOVE AS EFFECTIVELY AND EFFICIENTLY AS POSSIBLE AND STAY INJURY-FREE.



BRAND NEW TO WORKING OUT OR FITNESS IN GENERAL? THE STREET PARKING ON RAMP PROGRAM IS DESIGNED TO HELP THOSE WHO ARE JUST GETTING STARTED WITH WORKING OUT BY BUILDING CONFIDENCE AND A SOLID FOUNDATION FOR OUR SHIFT PROGRAM.



EXTRA PROGRAMS

STREET PARKING OFFERS **OVER 50 EXTRA PROGRAMS** COVERING A VARIETY OF FITNESS GENRES THAT CAN BE INCORPORATED IF YOU WANT TO FOCUS ON DEVELOPING A SPECIFIC SKILL, TYPE OF TRAINING, OR SIMPLY FOR ADDITIONAL VARIETY ON A WEEKLY BASIS.



ENDURANCE

ANYONE CAN INCREASE THEIR OVERALL AEROBIC CAPACITY IN RUNNING, ROWING, OR ON THE FAN BIKE WITH THESE WEEKLY SESSIONS, OR TRAIN FOR EVENTS WITH PROGRAM OPTIONS SUCH AS:

- 52 WEEK ENDURANCE
- 5K PROGRAM
- HALF MARATHON
- ROWING STAMINA



BODYWEIGHT

SKILLS

SIMPLE-TO-FOLLOW SESSIONS TO DEVELOP SPECIFIC SKILLS SUCH AS PULL UPS OR PUSH UPS, AS WELL AS A NO EQUIPMENT PROGRAM FOR THOSE TRAVELING OR WITHOUT ACCESS TO EQUIPMENT.

- NO EQUIPMENT WORKOUTS
- BODYWEIGHT STRENGTH
- GYMNASTICS



STRENGTH

WHETHER USING A SQUAT RACK AND BARBELL OR JUST A PAIR OF DUMBBELLS, WE HAVE MANY PROGRAM OPTIONS TO BUILD, GAIN, AND MAINTAIN STRENGTH. OPTIONS INCLUDE TRADITIONAL LIFTING PROGRAMS OR MORE BODYBUILDING /ACCESSORY AND INJURY PREVENTION-STYLE SESSIONS SUCH AS:

- BENCH PRESS, DEADLIFT AND SQUAT PROGRAMS
- DUMBBELL STRENGTH
- KETTLEBELL WORKOUTS
- BUTTS & GUTS, SUNS OUT GUNS OUT



SPECIALTY

FROM BEGINNER LEVEL TO ADVANCED FITNESS ENTHUSIAST, THIS BUNDLE OF OUR FAVORITE "SIGNATURE" PROGRAMS HITS IT ALL:

- ACTIVE RECOVERY
- SANDBAG WORKOUTS
- STREET PARKING X GORUCK RUCKING PROGRAM
- "MORE THAN NOTHING" WORKOUTS



DIRTY WORK

BREAK FREE OF FITNESS BOREDOM USING THIS VOLUME OF UNIQUE WORKOUTS INCORPORATING NON-TRADITIONAL TOOLS:

- WEIGHTED TRAINING ROPES
- LOADED MEDICINE BALLS
- PUSH/PULL SLEDS



TACTICAL

FOR THOSE TRAINING TO BECOME ACTIVE SERVICE MEMBERS OR CURRENTLY SERVING IN THE MILITARY, THIS PROGRAM HELPS PREPARE INDIVIDUALS TO COMPLETE AND MAINTAIN THEIR LEVEL OF FITNESS FOR THE BELOW ANNUAL TESTS:

- ACFT PREP PROGRAM
- MILITARY PT PREP PROGRAM



MAINTENANCE

BODIES NEED PHYSICAL AND MENTAL RECOVERY TO BE ABLE TO STAY CONSISTENT AND HEALTHY! TO HELP WITH THIS, WE HAVE STREET PARKING MAINTENANCE — FULLY-GUIDED, ON-DEMAND YOGA FLOWS THAT TARGET TOTAL BODY RESILIENCE. THESE SESSIONS RANGE FROM 5-25 MINUTES THAT YOU CAN DO ANYTIME AND ANYWHERE — HOME, OFFICE, WORK STATION, COMMON SPACE, ETC. TO RELAX, MOBILIZE, STRETCH, OR REFRESH MENTALLY AND PHYSICALLY.

COMPLETE PRACTICE



ENERGY SPECIFIC



UPPER BODY



LOWER BODY



TRUNK



DAILY TUNE UP





NUTRITION


WE HAVE THE SAME PHILOSOPHY REGARDING NUTRITION THAT WE DO WORKING OUT: SIMPLE IS EFFECTIVE AND CONSISTENCY IS KEY! INCLUDED WITH YOUR MEMBERSHIP ARE A MULTITUDE OF FREE RESOURCES FOR YOU TO UTILIZE DEPENDING ON WHERE YOU CURRENTLY ARE AND WHERE YOU WANT TO GO WITH YOUR NUTRITION HABITS. OUR CONSTANTLY EXPANDING LIBRARY OF NUTRITION RESOURCES INCLUDE:

- **WEEKLY IN-SEASON RECIPES**
- **EDUCATION ON BUILDING MACRONUTRIENT BALANCED MEALS**
- **SIMPLE AND DOWNLOADABLE TOOLS FOR DAILY NUTRITION GUIDANCE**
- **BLOG ARTICLES FROM OUR NETWORK OF NUTRITION AUTHORITIES**
- **GOAL-SPECIFIC NUTRITION TEMPLATES (ADDITIONAL PURCHASE REQUIRED)**
- **SMALL GROUP COACHING (ADDITIONAL PURCHASE REQUIRED)**

Korean Beef Bowl

 prep time	5 minutes
 total time	15 minutes
 servings	5 to 8

bulk meal prep




Korean Beef Bowl

Fat Loss - Basic Template

Please fill in the blanks with the following information. Do not worry if you are unsure of the values. We will help you with this.

Meal	Calories	Protein	Fat	Carbs	Fiber	Sodium	Cholesterol	Sugar	Alcohol
Breakfast									
Lunch									
Dinner									
TOTAL									

Fat Loss - Advanced Nutrient Tracking

Please fill in the blanks with the following information. Do not worry if you are unsure of the values. We will help you with this.

Meal	Calories	Protein	Fat	Carbs	Fiber	Sodium	Cholesterol	Sugar	Alcohol
Breakfast									
Lunch									
Dinner									
TOTAL									

NOTE: MAKE SURE TO FILL IN ALL THE BLANKS. IF YOU ARE UNSURE OF THE VALUES, WE WILL HELP YOU WITH THIS. THE LACK OF A VALUE WILL BE ASSUMED TO BE 0.
ADVANCED NUTRIENT TRACKING TEMPLATES: THIS IS THE SAME AS THE BASIC TEMPLATE, BUT WITH A LITTLE MORE DETAIL. TO USE THE ADVANCED TEMPLATE, YOU WILL NEED TO PURCHASE THE ADVANCED NUTRIENT TRACKING TEMPLATES. THIS IS THE SAME AS THE BASIC TEMPLATE, BUT WITH A LITTLE MORE DETAIL. TO USE THE ADVANCED TEMPLATE, YOU WILL NEED TO PURCHASE THE ADVANCED NUTRIENT TRACKING TEMPLATES.
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Fat Loss Female | UP TO 120lb

Fat Loss Female | 180lb AND UP



IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO ASK:
DANIEL "DH" HONG - CORPORATE MEMBERSHIP COACH
EMAIL AT DH@STREETPARKING.COM.

CONNECT WITH US



www.streetparking.com