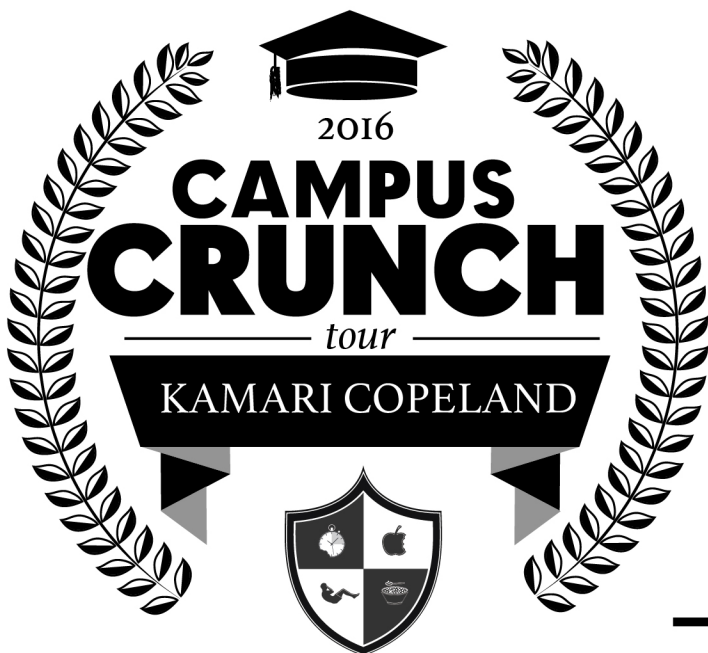


KAMARI COPELAND FITNESS



WORKOUT WITH CELEBRITY TRAINER

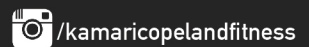
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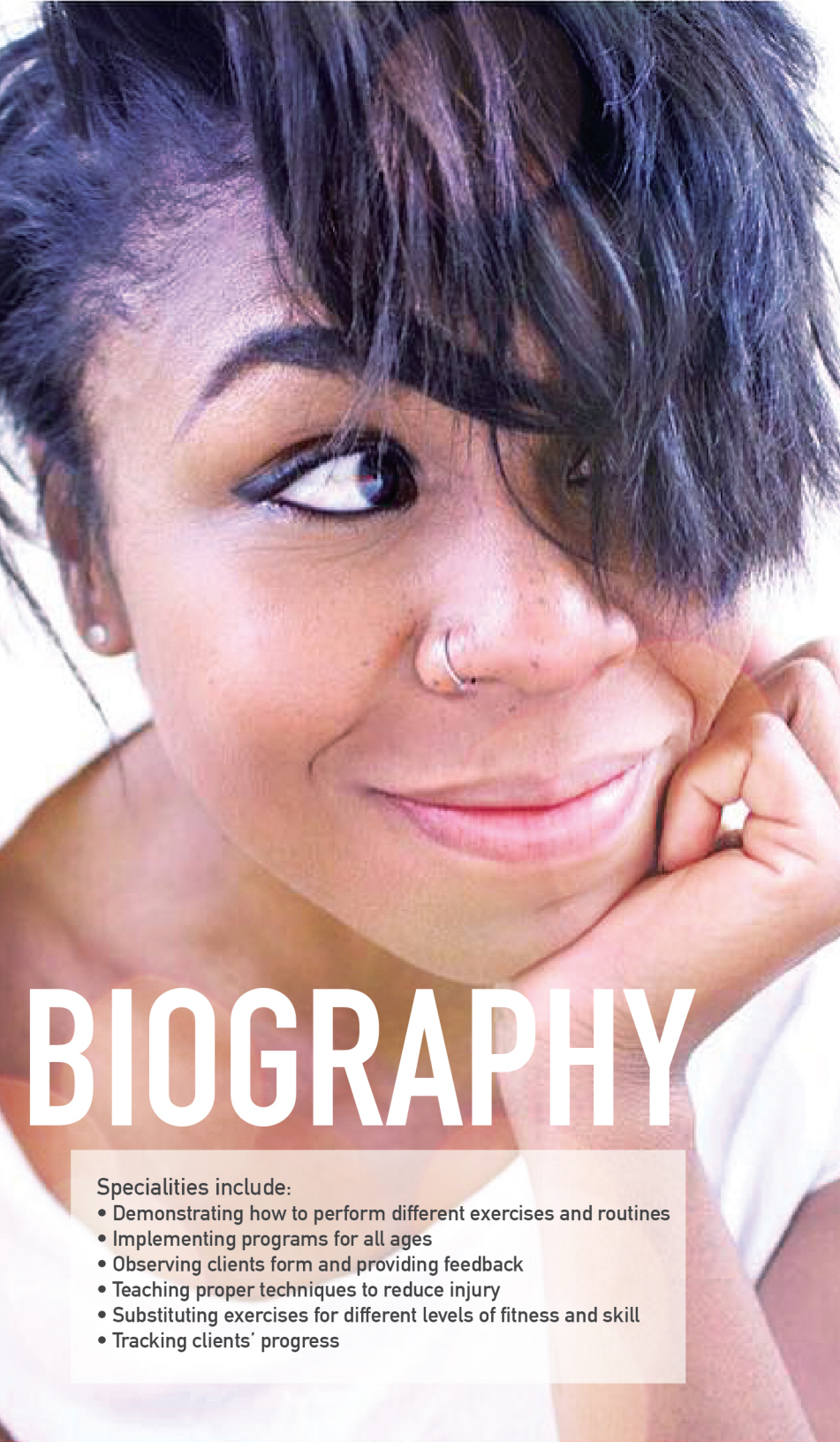
- Bootcamp
- Discussion on balancing health/fitness/college lifestyle
- Fitness & Nutrition Q&A
- Campus Crunch Meal Plan for EACH Participant
- Workout Program for EACH Participant

For more information contact:

➔ kamaricopelandfitness@gmail.com

EVENT COST -- Flat Rate \$2500 plus travel.





KAMARI COPELAND

is an ISSA certified personal trainer based in Los Angeles. She trains all skill levels ranging from novice to advanced athletes. Her coaching style delivers firm motivation accented by humor. She is invested in the success of her students and treats every individual with the same regard as her celebrity clientele.

As fitness trainer for the **Unbreakable Tour**, Copeland instituted an innovative meal plan and workout regimen designed to keep Grammy-nominated artist **Tori Kelly** in top form & spirits throughout a two-month nationwide trek across North America. Exercise and conditioning was integrated into a demanding itinerary which included 33 concert dates.

Copeland's collaboration with Kelly yielded many requests for fitness advice. She subsequently launched the **Meet & Cheat** fitness & foodie adventure tour which quickly grew to 22 events spanning the US, Canada, and UK.

Life on the road brought Copeland perspective on balancing limited resources & time management. Copeland has found success through defining goals, routine, & maximizing efficiency. Copeland excels at executing an agenda while maintaining flexibility and fun. She understands the complexities and challenges of being away from home, budgeting basics, and how to strategize for success. This uniquely qualifies her to discuss the importance of balance in health and fitness while enjoying college life.

Copeland's rich background in the entertainment industry proves advantageous in delivering energetic and dynamic programming. She honed her improv skills at the renowned Second City conservatory and is well prepared to adapt quickly to changing variables. Her noteworthy resume credits include work as a session singer for 6 seasons of FOX's hit-TV series **GLEE** as well as backing vocals for major artists Josh Groban, Mariah Carey, CeeLo & Childish Gambino. Copeland's social media portfolio includes a featured role in a parody by MTV/YouTube sensation Todrick Hall, appearances on Ryan Parma & Mario Dominic's **Wonderful World of What**, webisodes w/ heartthrob Jordan Fisher, as well as her own SnapChat series featuring a slate of original characters.

Copeland is passionate about volunteering and outreach. She has spear-headed charity events including **Swaggle Rok for Feed 'Em All**, **Le Carnaval Invisible** to benefit Children of Uganda, and **Project Blackboard** in support of Precious Kids Center in Kitale, Kenya.

Her varied skill set and wealth of diverse experiences make workouts fun and engaging. A blend of sass, spunk, comedy and compassion makes her approachable and sets newcomers at ease. While championing the merits of physical strength, she pairs this with strength of character. These attributes amplify her eclectic & widespread appeal as evidenced by her growing client list that includes musicians, teens, athletes, academics, artists, professionals, wanderers, and dreamers. Email kamaricopelandfitness@gmail.com to bring Kamari & the Campus Crunch fitness program to your college today!

BIOGRAPHY

Specialities include:

- Demonstrating how to perform different exercises and routines
- Implementing programs for all ages
- Observing clients form and providing feedback
- Teaching proper techniques to reduce injury
- Substituting exercises for different levels of fitness and skill
- Tracking clients' progress



CERTIFICATION.

ISSA (International Sports Sciences Association)

PROGRAMS.

90 Days to Nudity
Mind. Body. Wine.
A Donut a Day
Unbreakable Fitness
Beer Belly Fitness
Campus Crunch

TOURS.

Meet & Cheat Tour - Creator
North America & UK (21 Events)

Tori Kelly Unbreakable Tour - Personal Trainer
North America (33 Cities)

CLIENTS.

Tori Kelly (Recording Artist)
Soma Vainuku (NFL Texans/USC Trojans)
Crystal Lewis (Gospel/Christian Vocalist)
AJ Rafael (Musician / Social Media Personality)
Luke Edgemon (Vocalist/The Voice Finalist)
Missi Hale (Vocalist)
Windy Wagner (Vocalist)
Edwin Carranza (Bassist/Musical Director)
Kiana Scott (Blogger/Social Media Brand Influencer)

PRESS.

SELF Magazine (Online Feature)

Levy, Sarah Gaynes. 13 March 2015. "How Rising Star Tori Kelly Is Getting Fit."
<http://www.self.com/fitness/2015/03/tori-kelly-90-day-fitness-program/>

SELF Magazine (Online Feature)

Lieberman, Bari. 14 Jan 2016. "If You're Serious About Getting Fit, You NEED To Follow These Trainers On Instagram."
<http://www.self.com/fitness/2016/01/if-youre-serious-about-getting-fit-you-need-to-follow-these-trainers-on-instagram/>

CONTACT & SOCIALS.

kamaricopelandfitness@gmail.com

www.kamaricopeland.com



/90D2N



/kamaricopelandfitness

KAMARI COPELAND FITNESS

FITNESS CATALOG



11 Rounds
since 2012

FITNESS CHALLENGE

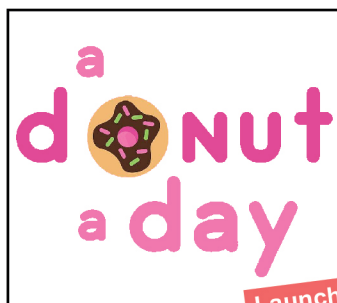
Created in 2012, this fitness challenge boasts alumni & success stories from 11 rounds! 90days2Nudity's goal remains to inspire and CHALLENGE you to be the best version of yourself. The focus remains on healthy weight loss, by building lean muscle, and winning CASH in the process. You are only 90 days away from being in the best shape of your life. Look good AND feel good in the buff. Crunch Fitness signed on as a sponsor in 2015.

21 DAY Fitness Programs

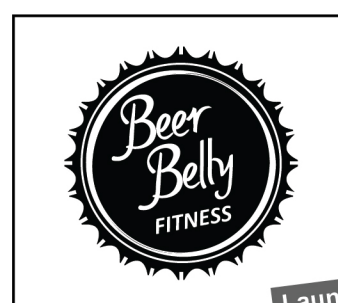
Research suggests it takes 21 days to form a habit. These programs were formulated with that premise to help kickstart a healthy active lifestyle.



Launched
Jan 2016



Launched
Feb 2016



Launched
Aug 2016

These fitness programs allow you to enjoy your favorite indulgences while kickstarting your fitness goals. Each program is 21 days and comes complete with a full meal plan and online workouts 5 days a week to help change the way you think about fitness. You do NOT need to be deprived to reach your goal. Each week you will be provided the inspiration to keep you balanced while you gradually shift into the mind-sets needed for RESULTS. Each ENTIRE program is available via the Trainerize app where you will be able to upload before/after photos, log measurements and best of all connect with Kamari Copeland directly regarding your progress.



/90D2N

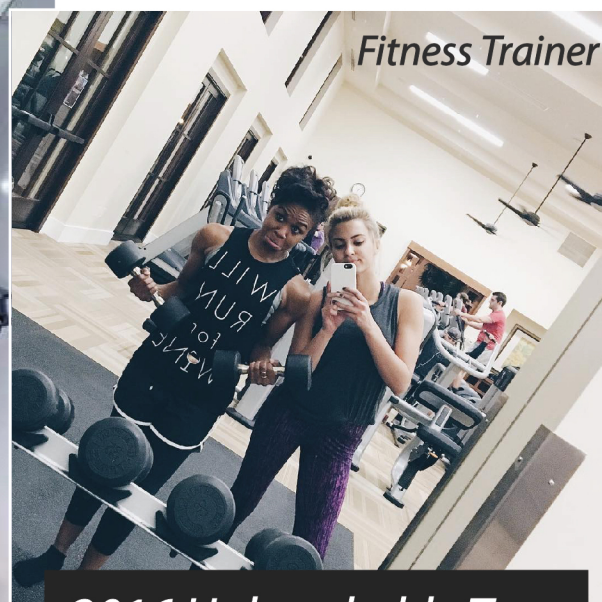


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KAMARI COPELAND FITNESS

UNBREAKABLE TOUR



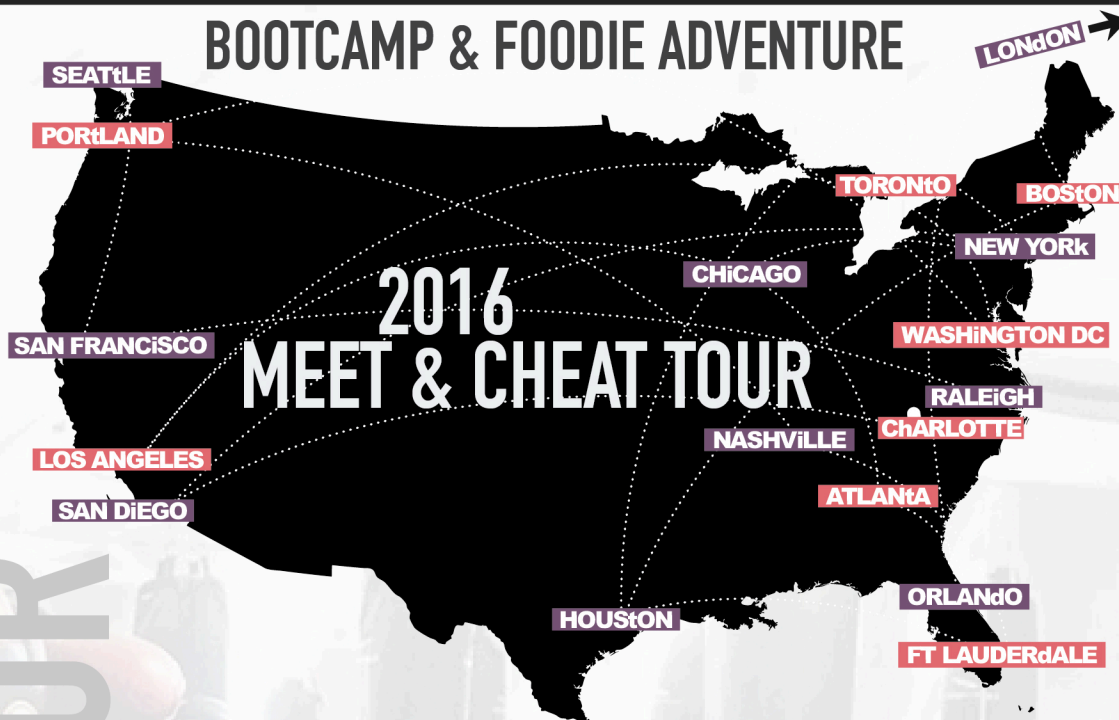
2016 Unbreakable Tour

UNBREAKABLE TOUR FITNESS PROGRAM ←

- Dynamic Workouts
- Full Body Conditioning / Endurance Training
- Cardio / Strength Training
- Meal Planning
- Individualized Fitness Plans for Crew
- Supplement & Nutrition Counseling
- Motivation, Coaching & Support
- Levity & Laughter

KAMARI COPELAND FITNESS

BOOTCAMP & FOODIE ADVENTURE



5/28 : LONDON
 6/10 : BOSTON
 6/11 : HOUSTON
 6/24 : FT LAUDERDALE
 6/25 : NASHVILLE
 7/01 : PORTLAND
 7/09 : NEW YORK CITY
 7/11 : CHICAGO
 7/15 : LOS ANGELES
 7/21 : TORONTO
 7/24 : WASHINGTON DC
 8/08 : SEATTLE
 8/22 : SAN FRANCISCO
 9/03 : RALEIGH
 9/04 : CHARLOTTE
 9/17 : SAN DIEGO
 9/30 : NEW YORK CITY
 10/2 : CHICAGO
 10/15 : ATLANTA
 10/16 : ORLANDO
 10/29 : LONDON
 11/5 : HOUSTON



TESTIMONIALS

Gillian Larsen, Seattle, WA
 @kamaricopeland meet and cheat is the best thing ever

Marissa Reynolds, Severn, MD
 Meet and cheat day was lit so happy to see mason petrulo and @kamaricopeland

Hannah Swan, Indiana
 Go to @Kamaricopeland's meet & cheat, they said. You'll have fun working out, they said. Well. They were right

Brannan Carter, Old Jefferson, LA
 @kamaricopeland love you so much, & i cant wait to experience meet & cheat rounds 3 & 4

Marry-Kate Lindsey, Portland, OR
 Had so much fun in Portland that I am seriously thinking of joining meet and cheat in Seattle

Sam Montana, Los Angeles, CA
 DUDE I CANT WAIT TO MEET AND CHEAT WITH A LEGEND @Kamaricopeland

Natalie, US Military
 Me trying to get back to the states for meet and cheat with @Kamaricopeland

Melany, Washington DC
 @Kamaricopeland just bought my meet and cheat ticket for DC! im beyond exciteddd

Jordyn Taylor, Manhattan, NY
 God did exceptionally well with this one. Meet and cheat was a success @Kamaricopeland

Jaida Thompson Cleveland/DC
 idevenk what to say man... I have to get my thoughts & emotions together lol, seriously. Meet & Cheat was incredible. Wow. @kamaricopeland

Alyssa West, Murfreesboro, TN
 @kamaricopeland Nashville meet and cheat made me forget about everything negative for a day and it was the best experience thank you

Nicolle Beaver, London, UK
 15 laps in the pool and a work out this morning!! Getting fit for London meet and cheat part 2 - can't wait 2 c u @Kamaricopeland

Luke Edgemon, California
 Post-meet and cheat with this guru @kamaricopeland My body is wrecked and my mind is renewed

@cara_toraay Kamarari you are honestly such a bright light in everyone's life - thanks for taking time to meet everyone we love you so much

MEET & CHEAT TOUR

KAMARI COPELAND FITNESS

FEATURED PRESS

www.self.com/fitness/2015/03/tori-kelly-90-day-fitness-program/


SELF SUBSCRIBE BEAUTY & STYLE FITNESS FOOD LIFESTYLE SEX & LO

2015 Mar 13 5:53 PM FITNESS By Sara Gaynes Levy

How Rising Star Tori Kelly Is Getting Fit

SELF chatted with rising star Tori Kelly about her fitness challenge.

f Share t g+ p e



Tori Kelly is a name you need to know. The singer, who's amassed well over a million YouTube followers, is well on her way to becoming a pop icon. Case in point: Hitmaker Max Martin, who is responsible for mega-smashes from Britney Spears and the Backstreet Boys, produced her new single, the phenomenally catchy "Nobody Love." (The video for the single, which is below, just recently debuted.)

And like any rising star, Tori will be heading out on tour this summer to promote her new album. However, that kind of grueling schedule requires massive amounts of stamina, difficult for the singer, who used to be pretty averse to exercise. But thanks to a good friend, Kamari Copeland, who created a program called 90 Days to Nudity, Tori has changed her mindset and now is a regular at the gym. "It's like learning another language," she said of her fitness education. "I started to wake up and think, *cool, I need to work out at some point today.*"

We caught up with Tori to learn how she fared during her 90 days—plus what we can expect to see of her this summer.

SELF: What inspired you to kick off the program?

Tori: I always felt good about myself, but I didn't know about the benefits of working out. Last spring, my friend (who runs the program), was telling me it was about to start again, and I thought, "I should just do it for fun." I signed up and gave it a shot. Then I became *obsessed* with it.

SELF: What were some of the biggest changes you noticed, going from not exercising to participating in such a rigorous challenge?

Tori: Oh, the first time I worked out I almost threw up. I did not feel good at all. My friend said, "You have to get past the first month, you're going to feel so much better." And she was right: After about 30 or 40 days, I saw changes. I started setting little goals—one goal was to do one pull-up. And once I started working out, I wanted to eat better. I thought [to myself], *I obviously don't want to ruin everything I just did and eat this In-N-Out burger.*

SELF: Awesome goal! Did you reach it?

Tori: Yeah! Right now my goal is to do two pull-ups!

SELF: Have you noticed a difference when you perform?

Tori: It helps with endurance on stage, big time. And my friend wants to do a tour bus workout and create something fun for me to do on the road.

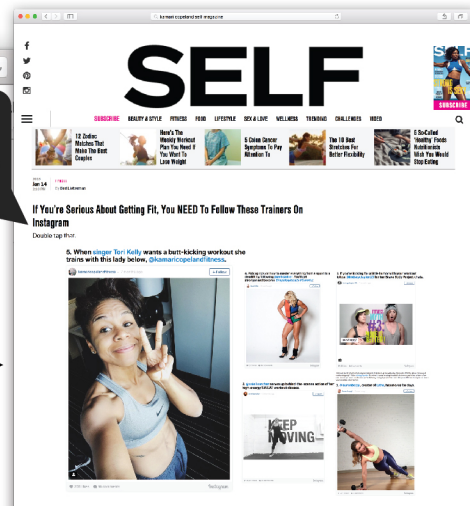
SELF: You never know what will motivate you to keep going, right? Beyond all these great fitness goals, what do you have coming up work wise?

For more on Tori, check out ToriKellyMusic.com, and definitely add "Nobody Love" to your gym playlist—stat.

Courtesy of Tori Kelly

KEYWORDS: 90 DAYS OF FITNESS, CELEBRITY WORKOUT, FITNESS CHALLENGE, TORI KELLY

If You're Serious About Getting Fit, You Need to Follow These Trainers on Instagram



Thanks to a good friend, Kamari Copeland, who created a program called 90 Days to Nudity, Tori has changed her mindset and now is a regular at the gym.

My friend (Kamari) said, "You have to get past the first month, you're going to feel so much better." And she was right.

It helps with endurance on the stage, big time. My friend (Kamari) wants to do a tour bus workout and create something fun for me to do on the road.



/90D2N



/kamaricopelandfitness