

# The 3-Step System to Transform in 90 Days

Over 20 Years of Refining a Proven, World-Class Training System That Delivers Results You Can See and Feel



**INPOWER**  
— FITNESS —



# **Welcome — I'm Troy Van Spanje**

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**I've spent over two decades in the fitness industry, learning directly from some of the best minds in strength and performance — including Charles Poliquin, Paul CHEK Tony Boutagy, and other world-class coaches.**

**Through years of refining, testing, and evolving, I've developed a proven system that transforms busy men and women into stronger, leaner, more confident versions of themselves — without the confusion, gimmicks, or unsustainable extremes you see in the industry.**

**Whether you've tried before and failed, or you're just ready to commit to a real change, this 3-step framework is designed to get you visible results in 90 days... and set you up for a lifetime of strength and health.**





## **Why Our System Works**

**Our training method isn't built on random workouts. It's the result of 20+ years of refining a system based on timeless principles from the world's best strength coaches — adapted for real people with busy lives.**

### **1. Structural Balance First**

**Inspired by Charles Poliquin, we identify and correct muscular imbalances so you can train harder, stay injury-free, and see faster results.**

### **2. Progressive Overload for All Levels**

**Every program is customised to your strength level and progresses in a structured way — so you're always improving without hitting plateaus.**

### **3. Smart, Time-Efficient Workouts**

**Drawing on the latest research, we combine strength and conditioning in an efficient format that maximises results in less time.**

## **4. Nutrition That Fits Your Life**

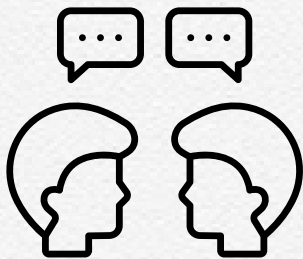
**No fad diets. We build a sustainable eating strategy that supports your training, energy, and lifestyle.**

## **5. Measurable Progress**

**We track strength, body composition, and performance so you can see — and feel — your transformation.**

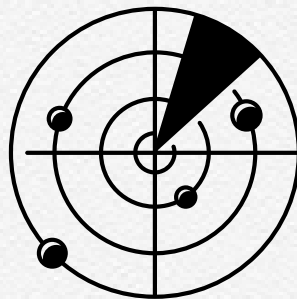
# The 3-Step System to Transform in 90 Days

## Step 1: Private Strategy Consultation



Your journey starts with a one-on-one phone consultation to understand your goals, training history, lifestyle, and priorities. This ensures every recommendation is tailored to you from the start.

## Step 2: Elite Performance Assessment

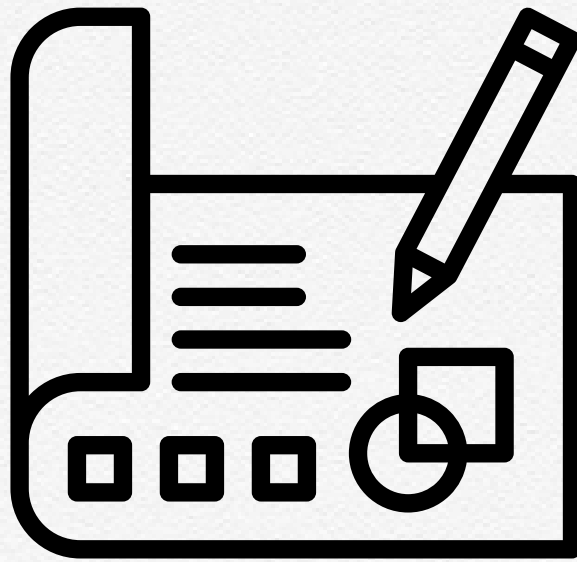


Using over 20 years of assessment expertise and principles from Charles Poliquin & the worlds best coaches, we analyse strength, mobility, posture, and body composition to identify the fastest path to your results.

## Step 3: Concierge- Level Coaching



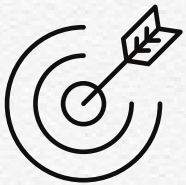
You'll work directly with your coach in highly personalised training sessions, following a world-class system that delivers visible changes in 90 days — and sets the foundation for lifelong strength and health.



# Your 90-Day Transformation Blueprint

**From Foundation to Peak Performance**

## Phase 1: General Preparation (Weeks 1–4)

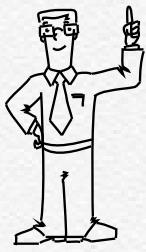


Goal: Build a strong foundation in movement quality, joint health, and balanced strength.

We start with structural balance testing, correctives, and fundamental lifts at moderate intensity. This creates the base for everything that follows.

Training Style: 

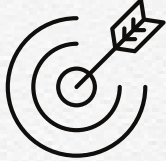
- Moderate load, higher volume (8–12 reps)
- German Body Composition (upper/lower supersets)
- Controlled tempo for technique mastery (e.g., 3-1-1)



#### Example Pairings:

- Landmine hack squat → DB bench press
- Seated row → Lying leg curl
- Back extension (bodyweight or plate) → DB lateral raise
- Core: Swiss ball rollout

## Phase 2: Specific Preparation (Weeks 5–8)



Goal: Increase maximal strength and build lean muscle.

We shift into progressive overload with slightly lower reps and higher intensity, while adding ATG-inspired movements for knee health and mobility.

Training Style:



- 6–8 rep range with ramp-up & back-off sets
- Introduction of basic overload techniques (rest-pause)
- Balance between compound lifts and targeted accessory work



#### Example Pairings:

- Safety bar squat → Hammer Strength chest press
- Lat pulldown (mechanical drop set) → Seated leg curl
- Bulgarian split squat → Pronated grip row
- Core: Weighted side plank

## Phase 3: Overload & Peak (Weeks 9–12)



Goal: Maximise strength, conditioning, and visible physique changes.

Here we push intensity using proven overload methods while targeting specific weak points.

Training Style:



- Overload techniques: mechanical drop sets, cluster sets, wave loading
- Strict recovery management for best results
- Higher focus on metabolic finishers to strip fat and improve conditioning



## Example Pairings:

- Leg press (mechanical drop set) → Barbell bench press (wave loading)
- Standing calf raise → Chin-up or lat pulldown
- Nordic hamstring curl → Rope face pull
- Core: Hanging leg raise cluster

## Sample Week Layout (3 Days/Week)

DayFocusA-SeriesB-SeriesFinisher

Mon

Lower + Push

Landmine hack squat → DB bench press

Seated leg curl → DB lateral raise

5-min sled push intervals

Wed

Upper + Pull

Lat pulldown → Safety bar squat

Pronated row → Bulgarian split squat

Assault bike sprints

Fri

Lower + Push

Leg press → Hammer Strength chest press

Nordic curl → Rope face pull

Kettlebell complex (swing, clean, press)



# **Ready to Turn This Blueprint Into Your Results?**

**You now have the exact 90-Day Transformation Framework we use inside InPower Fitness to get real, lasting results.**

**The next step? Let's tailor it to your body, your goals, and your lifestyle — and coach you every step of the way.**

**Book Your Free Strategy Consultation Today**

- **Customise your 90-day plan**
- **Get your performance assessment**
- **Discover how we'll fast-track your results**

 **InPower Fitness — North Sydney**



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