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### TESTIMONIALS

#### THANK YOU HADLEY

*"At age 46 and a former minor league hockey player, Hadley Allen totally changed my body over a six month period. Hadley taught me to view fitness in a whole new way. Now, two years later, I am leaner and more fit than I was in my early thirties."*

Neil J. Thomas, MD,  
Cardiovascular Surgeon

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### Hadley Training Systems

With over a decade of experience training men and woman of all fitness levels, Hadley Training Systems can change the way you feel. Whether you are looking to manage weight, increase your energy level, improve your workout, or achieve a new fitness goal, Hadley Training Systems is committed to making it happen. After all, you deserve to feel good.

### Hadley's Blog

#### Training Blog

By HadleyAllen

3. March 2010 17:49

Welcome to my blog, where you will find great information about fitness and healthy living.

★★★★★

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\*We appreciate comments to our blog. Please know any comments posted that contain vulgarity, obscenity, offensive personal attacks, or are incoherent will be removed.

### FOLLOW HADLEY



### SPEAKING ENGAGEMENTS

Hadley Allen is currently featured on WGN-AM radio during the Steve Cochran show anywhere between 4 - 7 p.m. where she provides one idea to incorporate into your daily routine that will help health or mental wellness. Tune in to 720 AM to hear her latest tip on "Making it a Life Worth Living".

### HTS WORKOUT CHALLENGE

Calling all athletes or experienced fitness enthusiasts. Here's your chance to workout along side Hadley Allen during her most intensive sessions as she trains for the 'Escape from Alcatraz' triathlon. To sign up, call 312.550.7033 or email [hadleytraining@gmail.com](mailto:hadleytraining@gmail.com).

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## TESTIMONIALS

### THANK YOU HADLEY

“ Hadley Allen has intimate knowledge of how the human body works and what muscle groups to target. I have tone where I never thought was possible. I feel physically stronger now than any other time in my life. ”

Stephanie Comer,  
The Comer Foundation

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## About Hadley

Hadley Allen takes fitness seriously. Her clients are her number one priority but she also makes time to keep herself in top shape for both physical and mental agility.

While a die hard fitness and wellness trainer, Hadley also has an artistic side. She holds a Bachelor Degree in music from the prestigious Juilliard School in New York City where her passion for health and wellness was first born. From there, Hadley became inspired with the human body - how it functions and how to help colleagues and students overcome aches and pains caused by working in their artistic field.

Upon graduation, Hadley plunged into studying Kinesiology and Nutrition. Today, she is certified from the America Council on Exercise (ACE), including post/prenatal fitness and the National Academy of Sports Medicine (NASM).

With ten years under her belt, Hadley is an accomplished marathon runner, triathlete and trainer. She finished Arizona's half marathon in 2:01 and is currently training for the "Escape from Alcatraz" triathlon. As a trainer, she teaches boot camp, spin, strength training, hardcore cardiovascular classes and is a performance trainer for athletes and triathletes.

Beyond the physicality of her profession, Hadley is especially focused on helping her clients overcome mental barriers and simply feeling good. Be it weight management, stress management or overall mental wellness, Hadley is known for helping her clients achieve health and wellness levels they never knew were possible.

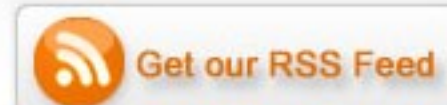
## Causes and Missions

Hadley Training Systems proudly support organizations including the [Challenged Athletes Foundation](#), [Depression and Bi-Polar Support Alliance](#) and [Special Olympics](#).

Each of these organizations have a common missions to help those with physical or mental disabilities. These people are truly an inspiring source behind Hadley Training Systems.



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**John Shull,**  
MTB Racer & Plumber

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### Onsite & Remote Training

#### Onsite Personal Training

Hadley Trainings Systems specialize in empowering individuals to regain and maintain their athleticism, agility and strength at any stage of life. Sessions are most valuable to those looking to improve body tone, increase agility and flexibility, reduce stress, lose weight, increase energy levels, improve athletic performance or simply feel good.



Specialities include:

- Weight loss and management achieving a lean, attractive, sculpted look
- Effective and efficient workouts burning 3X the calories in less time
- Injury recovery and prevention for abdominals, back and core
- Triathlon coaching for cycling, running and swimming
- Intensive strength training for all muscle groups
- Nutritional guidance with mind and body awareness

For athletes or triathletes, additional services include:

- In-depth discussion of a 2010 training plan and racing goals
- Nutrition and how it relates to your training
- Swimming, cycling and running analysis
- Performance and metabolic testing
- Strength training routine

All new clients start with a consultation to understand his/her personal goals. A fitness level assessment is also conducted to establish a benchmark for progress. From there, sessions are customized to your specific needs. Training sessions are offered at a fitness facility, an outdoor venue or in your own home.

#### Remote Online Coaching

Online coaching is much like onsite personal training only from afar. Consultation and training is provided for weight loss and management, strength training, stress management, injury recovery and prevention, athletic performance or simply to help you understand why your work out isn't giving you your desired results.

In either case, an initial consultation is conducted via phone to better understand needs and goals. To establish a fitness level benchmark, a baseline test is provided. Upon completion of that test, a weekly customized workout program is emailed to you. To encourage commitment and results, progress reports are also provided. This enable Hadley Training Systems the ability to adjust and better advise on your fitness goals.

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MTB Racer & Plumber

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### Workshops

Hadley Training Systems is available to conduct workshops across the country with a variety of training programs and classes including strength training, hard core cardiovascular, agility and balance, preparation for athletic events, injury prevention, weight loss and nutrition plus stress reduction and energy level management.



The workshops help participants push their fitness limits while using proper form and technique in a motivating environment. Some workshops will focus on:

- How to make your workout more effective
- The art and science behind stimulating the muscles for healthy lean growth
- Addressing exercise myths and what really is effective
- How nutrition effects energy levels plus the skinny on power foods and portion size
- Building your core - activating and engaging abdominal muscles
- How to maximize the critical stage of muscle growth

More details about programs, classes and schedules are coming soon.

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### Contact Hadley

Inquiring about:

- Remote online coaching
- A personal training consultation
- Arranging a group training session at your club or facility
- Learning more about nutrition and meal planning
- Hadley speaking at your next function

Please call **312.550.7033** or complete the information below. Someone from Hadley Training Systems will be in touch with you shortly.

\* Denotes required fields

\* **First Name**

\* **Last Name**

\* **E-mail**

\* **Phone**

\* **Subject**

\* **Message**

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