

Laura J. Tourtellot

Laura has been a specialized Personal Trainer since 1987. Her clients include a broad span from gym members wanting to learn equipment to Professional World Tour Bodybuilders. With men, women, and children, Laura has a proven and strong base of experience.



Whatever your fitness goals may be, she is willing to help you create an effective and rewarding regimen.

All services are by appointment only.

All plans and rates are prorated to location and frequency.

Sessions are available online, in home/office and 1:1 at Vanguard Key Clubs-NH.

All programs are *Custom Designed*

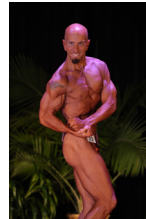
- Resistance Training Workouts
- Toning and shaping routines
- Cardiovascular Conditioning
- Weight Management/ Loss
- Self- esteem in Women and Teens
- Personal Best Goal setting
- Stress management through fitness
- Cross training, all sports
- Specialty designs for post injury and injury prevention
- Nutritional Coaching

L.J. Turtle Promotions

GRANITE
STATE
OPEN



Ms. Turtle's Annual Lift



Shaping Champions



Competitive Classes



Covid Care

THE ART OF PHYSIQUE

*Professional Masters Level
Personal Training and
Competition Preparation
with
Laura J Tourtellot, MS
aka "Ms. Turtle"*



L.J. Turtle
Promotions

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Experience

NGA Pro Master Personal Trainer

Certified Nutrition Counseling

Ongoing Credentials: Ceu's, CPR, First Aid, First Responder, Stretching, Women's Health

A decade of competitive bodybuilding success placing 1st and overall through 5th regionally.

Promoting New Hampshire's Premier Natural Bodybuilding and more Competitions Since 1991.

ProAm International Physique Sports Judge for over 30 years.

New England Regional Director/ National Board/ Official/ Promoter:
AAU, ANBC, NGA, INBF, WNBF

Contributing writer to Newspaper and Magazines, Bodybuilding sites and Fitness networks.

Drawing from experiences in Jazz Dance, Go Jo Rue Karate, Yoga, MBSR, Cross training, Hiking, Skiing, Injury prevention and recovery, Academic Program Design.

Creative designs for all settings: the most elite facilities to your basement home gym.

Results

Individual Personal Training offers endless rewards. We will meet to review your health history, fitness levels and design a specific program suited to your skills.

Benefits include:

- Hands on workouts in a fitness facility or at home gym.
- Studio sessions for lighter workouts and conditioning programs.
- Online support to monitor your progress and make modifications as needed.
- Small group and family programs for team support.
- A baseline assessment will provide Metabolic profile and lean mass values to work from. Goals toward physical improvements and muscular development can be measured.
- Women to women training, addressing life's physical changes, body awareness and adaptations.
- Accountability and measurability toward personal success.
- Personal Best Sessions: break the barriers that have held you back: diet, nutrition, getting stale, and motivation.
- Reinforcing your commitment to long term results and an improved quality of life.

Professional Competition Preparation Coaching

With over 35 years of experience, having judged thousands of athletes, hosted dozens of seminars, taught hundreds of classes, Ms Turtle brings an incredible level of experience to the competitive athlete. Individual coaching is available for all levels, all divisions. Bodybuilding, Physique, Figure, FitBody, Bikini, Wellness and Transformation. From Novice to Pro, local to long distance, she is available to help you improve.

Competition Preparation includes:

- Addressing your Symmetry/Muscularity/Presentation
- Target planning and measurement tools for your chosen contest
- Diet and Supplementation
- Nutrition and parameter setting
- Workouts and accountability
- Cardio training and design
- Posing classes: Individual or group
- Custom Stage Routines/Walks
- All Phases of show prep: From Development training to stage Performance
- Pre-contest/cutting/peaking
- Post show/regulating/development
- Off season program designs for athletes in transition
- Year round lifestyle balance