



Personal Training Information Packet

Coach Karen Pierce

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W E L C O M E

Hello, Athlete.

Thank you for reaching out about personal training with Living Amped. I'm genuinely excited you're here.

I've been working with clients for over 20 years, and my approach has stayed the same throughout: **take each person exactly where they are** — their goals, their limitations, their life — and build a plan around that.

My goal is to help you **feel better, move better, and look better** — in that order. Progress shouldn't come at the cost of walking around exhausted or beat up. The real skill is making you better without making you miserable. You're in good hands.

I look forward to helping you create the life you desire and deserve.



Karen Pierce

PERSONAL PURPOSE

“To have a profound impact on others' lives by setting an example guided by a solid belief system and strong moral values.”

My Story & My Approach

I started working at a local gym the day after I graduated high school. Fitness wasn't just something I did — it was who I was.

In college I could be found in a small gym off campus, and after graduating with a degree in Exercise Science I went straight to work at a gym in Austin, TX. The community there opened up a whole new world — running, triathlons, and eventually CrossFit.

CrossFit deepened my understanding of functional fitness and pushed me into competition. After seven regional qualifications and two CrossFit Games appearances, I stepped back from competing and shifted my full focus back to where it's always mattered most: coaching.

Today my training is varied, but functional fitness remains the foundation. And as a cancer survivor, I have a perspective on health that goes way beyond aesthetics — it really is everything.

Fitness gives you freedom.

I want the benefits of a healthy lifestyle to carry well beyond our sessions together. This is why I take a functional fitness approach — building strength and movement patterns that serve you in real life, not just in the gym.

I tend to take a more conservative approach because my goal is a sustainable, long-term healthy lifestyle — one that benefits every area of your life, for years to come.

Why Living Amped Was Built

What started as a simple personal mantra — “live big” — officially became a business in 2011. The focus has never changed: helping people create the life they desire through a healthy, sustainable lifestyle.

MISSION

Why I Do It

To help clients build sustainable, healthy habits so they have the energy and confidence to live the life they desire and deserve.

VISION

What I See

A world where exercise is fun, accessible, and woven naturally into daily life — contributing to a healthier, more vibrant society.

VALUES

How I Show Up

Every decision — in and out of the gym — is guided by these three pillars. They aren't just words on a page; they're how I coach and how I live.

Health

Integrity

Intentional

SESSIONS

What to Expect

Each session is one hour and fully personalized to you. Your first session will focus on a physical assessment and a conversation about your goals — so I can build a plan that actually fits your life.

A Typical Session

- **Warm-Up**
Hip mobility & dynamic movement prep
- **Balance Drill**
Targeted stability and coordination work
- **Mobility**
Joint health and range of motion
- **Workout**
Strength and/or conditioning, plus skill work
- **Stretch / Cool Down**
Recovery and nervous system reset

Good to Know

LOCATION

My personal garage studio - 9809 Woodshire Drive, Austin, TX 78748

YOUR WORKOUTS

You'll have access to all workouts via a shared Google folder. Already working with another provider? I'm happy to incorporate their programming into your sessions.

AMENITIES

Water and fridge available — help yourself. Restrooms accessible inside. Driveway parking available.

CLEANLINESS

All equipment wiped down between athletes with a nontoxic, multi-surface solution.

PRICING

Rates & Packages

One on One

1 Session	\$100 <small>\$100 / session</small>
4 Sessions	\$300 <small>\$75 / session</small>
8 Sessions	\$560 <small>\$70 / session</small>
12 Sessions	\$780 <small>\$65 / session</small>

Couples

1 Session	\$150 <small>\$150 / session</small>
4 Sessions	\$560 <small>\$140 / session</small>
8 Sessions	\$960 <small>\$120 / session</small>
12 Sessions	\$1,320 <small>\$110 / session</small>

Definitions

“Couples” applies to spouses or a parent–child relationship.

Package Details

Packages work like a punch card with a 90-day expiration. All sessions are one hour.

Bringing a Friend?

Your first guest session is on me. After that, guests are welcome at \$20/session (up to two additional sessions after the free one).

Friend Packages Available

FAQs

What are the benefits of working with a personal trainer?

Most people know they need to move more — but knowing where to start is a different story. I assess where you are and build a plan around your specific needs and goals. If you're already experienced, I help you break through plateaus and keep things fresh by continually challenging your body in new ways.

What if I have pre-existing injuries or conditions?

Any pre-existing injuries get discussed before we get started and are factored into your program from day one. If something requires extra caution, I'll modify accordingly — and if I feel medical clearance would be appropriate, I'll let you know.

How quickly will I see results?

You'll feel it before you see it. Most people who train consistently report better sleep, mood, and energy within two to three weeks. Body composition changes take longer — the more consistent you are, the sooner results become noticeable.

Should I eat before my session?

It depends. Early morning sessions? I'd say no. Afternoon or evening? Eat normally throughout the day and stop one to two hours before we train.

READY TO START?

Next Steps

If this feels like the right fit — whether short-term or a long-term partnership — the first step is simple. Fill out the forms below, then reach out to schedule your first session.

01 Athlete Profile

02 Health History

03 Assumption of Risk

04 Cancellation Policy

05 Photo Consent

Let's get started.

Once your forms are complete, just reach out — email, text, or call — and let me know when you'd like to begin and what time works best. Any questions at all, don't hesitate to ask. I'm looking forward to working with you!

Karen Pierce

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COMING SOON

Health Coaching

In addition to personal training, I'm in the process of expanding into health coaching — and I'm genuinely excited about where it's headed.

While personal training focuses on what happens in the gym — movement, strength, physical progression — health coaching zooms out to the bigger picture: sleep, stress, habits, mindset, and the lifestyle factors that either support or undermine everything you're working toward.

Think of personal training as the physical piece and health coaching as the whole-person piece. The two work really well together, and I can't wait to offer both.

Details are still coming together, so more information will be available soon. But if you're already curious, bring it up — I'd love to talk through it.

PERSONAL TRAINING	HEALTH COACHING
— Exercise programming & progression	— Lifestyle habits & behavior change
— Movement, strength & performance	— Sleep, stress & energy management
— In-session coaching & accountability	— Whole-person support & mindset
— Physical results you can see and feel	— Sustainable long-term wellbeing
— Goal-setting & progress tracking	— Mindset & accountability coaching