

24 Years Old

French South African

Green Eyes

1.7m tall, 58 kg



Bio Sheet



Athlete

Coach

Model

Influencer

The Accolades

- 1 4 Times Fitness Champion**
- 2 Personal Trainer To 50 Clients**
- 3 Swimsuit Model For Ben Myburg & Lyle Simes**
- 4 Social Media Influencer With Over 9K Followers**

Brand Ambassador

Sponsorship Request.

To Whom It may Concern

My name is Angelique Roux. I'm a 24 year old, personal trainer at one of South Africa's leading gyms in Durban: Virgin Active Westville.

In 5 years of being a personal trainer I have grown my clientele from a zero base to 50 people strong.

These clients range from 16 years to 55years many of whom I train more than twice a week.

My social influence nets over 9000 people with an average active reach of 2000 to 3000 people per a post at any given time.

I have been the successful ambassador for

- Wild Cat Gym Wear
- Asteria Gym Wear
- Athlete Comp Tan
- Aesthetic Dental Institute
- Nails By Lee
- Swimsuit Model For Ben Myburgh and Lyle Simes

My ambassadorship has translated successfully into sales and grater brand awareness for the companies I have been associated with.

- WildCat increased sales by X%
- Asteria grew in brand awareness by x% and sales by x%
- Athlete Comp Tan received x new clients

To name a few.

I would love to collaborate with you as an official sponsor of Torque Fitness.

Angelique Roux

Torque Fitness

Who Are We

Torque Fitness is my wellness brand that serves to empower women.

In the wellness and fitness industry, we often find women come through with major disorders: ranging from eating to self image to self worth and over compensation.

TorqueFitness looks at bringing the healthy fun back into wellness with longevity and in wholeness.

Having struggled with an eating disorder and body dysmorphia myself I understand the struggle women face and I'm enthused to help each lady achieve her goals in a healthy and sustainable way.

Women who join TorqueFitness:

- Receive personal online wellness coaching with me
- Personalised meal plans customised to their daily lifestyle and preferences (within reason)
- Customised workout routine that accounts for medical conditions and goals
- Check in gates where we measure progress and wellness
- Knowledge impartation on healthy choices and perfect form.

- **We are about fit, form and function.**

- We believe you need to be fit for everyday life so you can function
- We believe that it's not about feeling fit but being fit
- We believe in teaching you the correct form for better results
- We believe in functional core training that is fun
- We believe that looking good will also leave you feeling better.
- We believe that fit applies to the mind and soul
- We believe that form applies to your workouts and body aesthetics and both are interdependent
- We believe that function depends on your mind, body and soul working together for overall wellness and if one fails all suffer.

Benefits

Sponsorship

Your brand will receive

Exposure to over 9000 South Africans:

- 18-45years
- Male and female, 45/55 split
- Durban, JHB, CT
- Upper LSM 7-10

Exposure to influence a global audience on IFBB and WBFF platforms

Marketing and promotional opportunities to my direct clientele:

- Influential Business Women and Men
- Muslim and Indian markets
- Private school young adults
- Yuppie and Buppie female market
- Competitive fellow athletes
- Personal Trainer Colleagues

Opportunity to brand meal plans, gifts and incentives, gym towels, meal combos and much more.

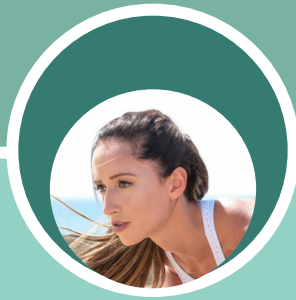
Minimum exposure of 4 times a month on social platforms

Brand Shoutout

Un

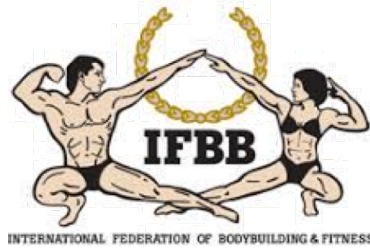


Athlete



Angelique Roux

I don't lose because I
never quit & I don't quit
because I want it too
much



IFBB Competitor

You Are Your Only Competition.

IFBB, the International Federation of Body Building and Fitness, is an international professional sports governing body for bodybuilding and fitness that oversees many of the sport's major international events, notably the World and Continental Championships.

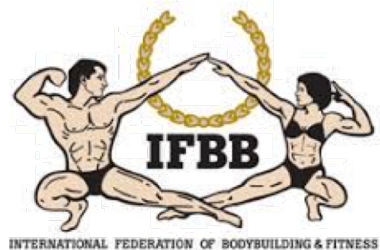
The IFBB annually holds more than 2,500 competitions at the local, national, regional, continental, and World Championships levels.

Competitors who go on to win these championships are noted as some of the world's best in their respective categories.

IN A NUTSHELL: IT'S A BIG THING TO WIN HERE!

Angie is a

- **IFBB Steam Universe Champion 2015**
- **IFBB Novice 2nd Place 2015**
- **IFBB KZN Champs 3rd Place 2017**
- **IFBB KZN Champs Champion 2018**



IFBB Competitor

WBFF Competitor

Strive To Be Better Than The Day Before.

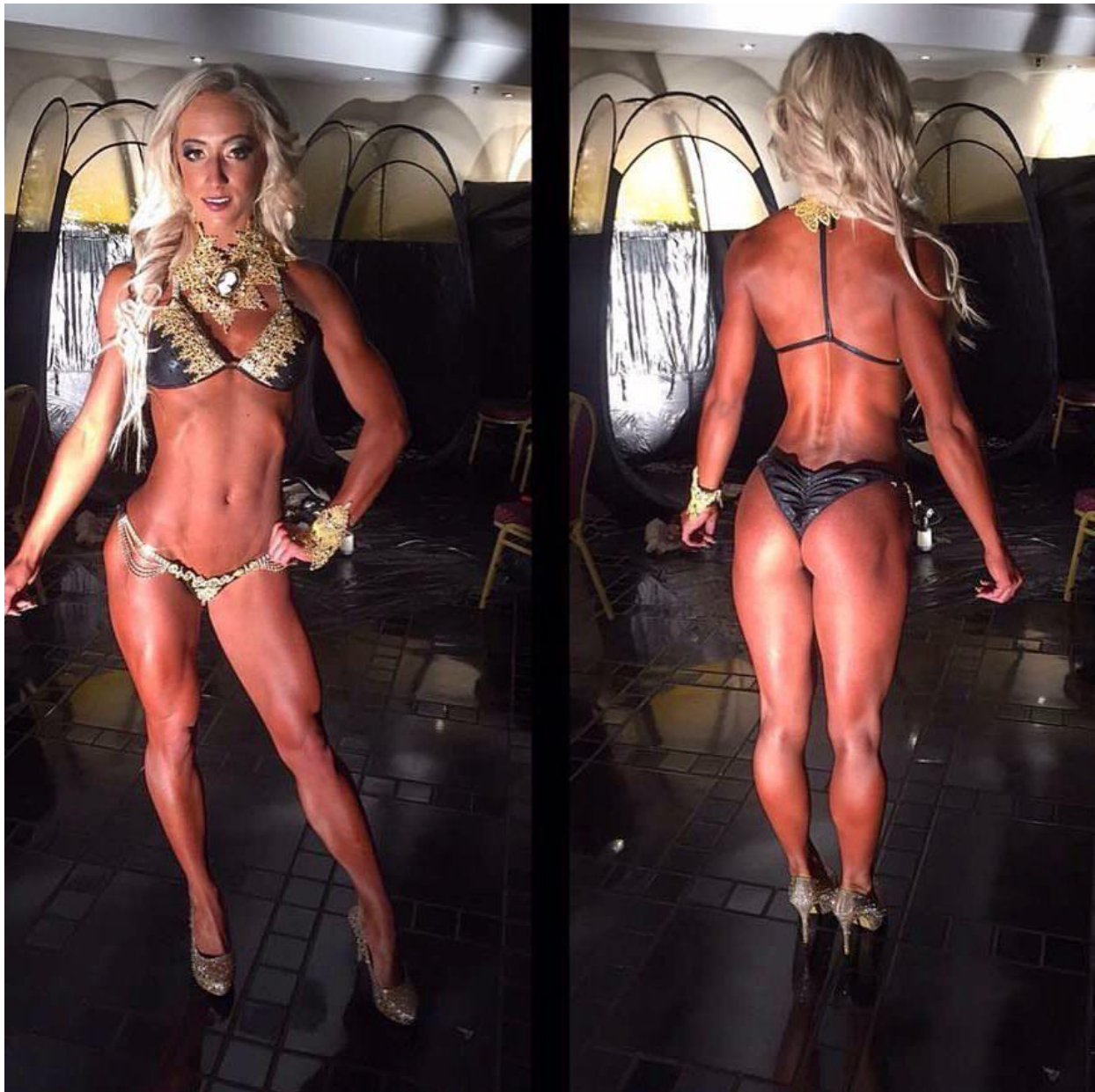
The WBFF World Beauty Fitness and Fashion Inc. is a diverse lifestyle brand servicing the fitness, beauty, fashion, competitive sport, health, and wellness industries.

It is a global event and one of the fastest growing beauty and fitness organization in the industry merging fashion and beauty in a unique and spectacular way like no other seen around the world.

IN A NUTSHELL: IT'S ALSO A BIG THING TO WIN HERE!

Angie is a

- **WBFF SA 1st Place Diva Bikini 2016**



*If you put your mind it, stay committed
inspite of your feelings- you'll achieve the
impossible.*

Angelique Roux

WBFF Diva Champion: 1st Place



Coach

What My Clients Say

Feroza, Age 40 something, Female

Training with Angie has been a life changing experience for me.

Angie really **motivates** me to push my self to attain a higher level of fitness.

Not only has my fitness level improved but I feel great and more confident about my body image.



What My Clients Say

Natasha, Age 30 something, Female

Ange is dedicated and committed to seeing you achieve your best results.

She is personable and creative in her fitness approach. Most people who train with Ange becomes friends with her. She's loyal. She's loved.

She's inspiring and most woman's body goals for sure.

She's helped me personally build a better booty and motivated me to make healthier choices.

I highly recommend training with her.





Model



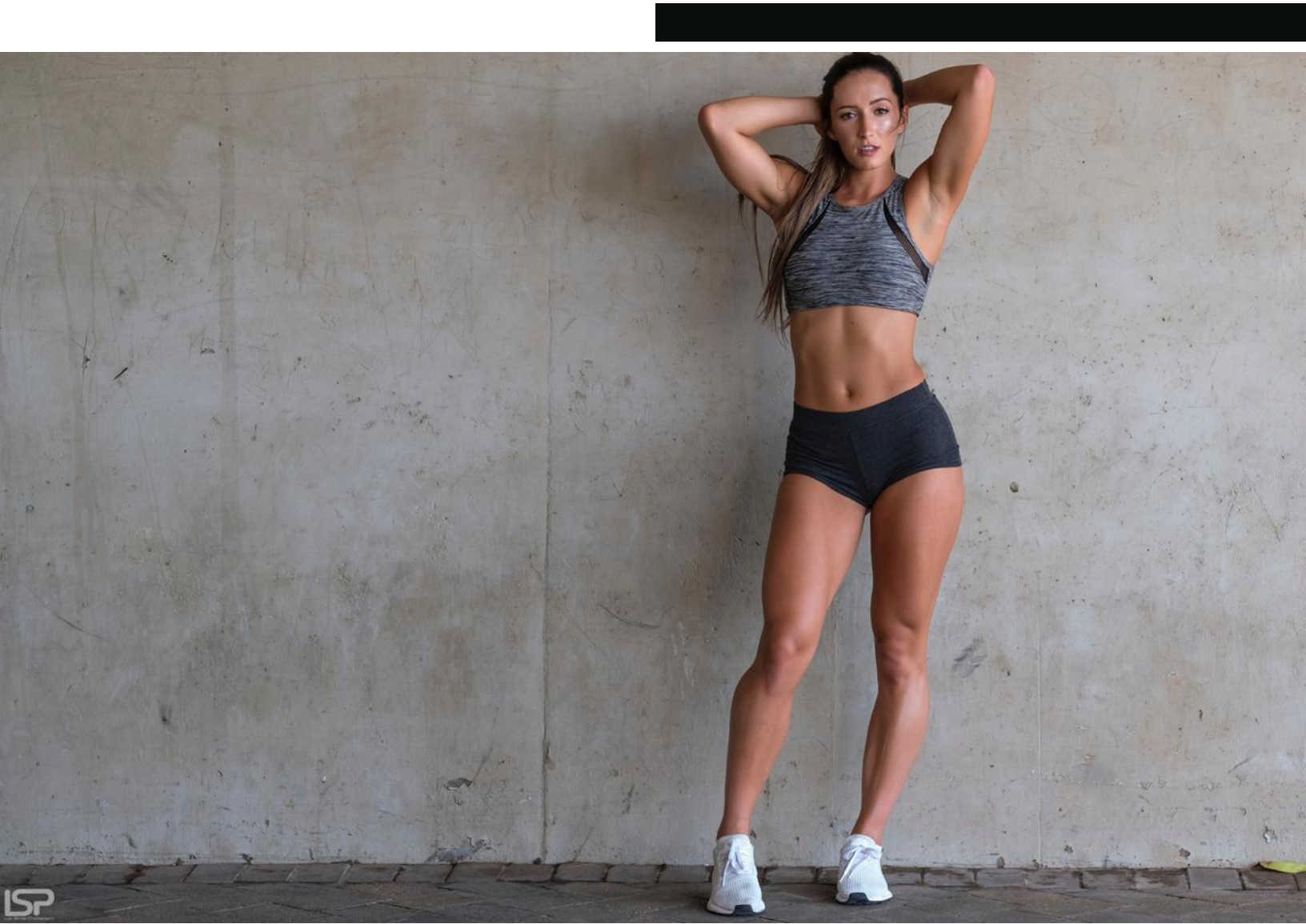


Keep your eyes on the prize

Angelique Roux 2019







Confidence isn't what you wear but who you are- I've learnt that it only comes when you start to accept yourself

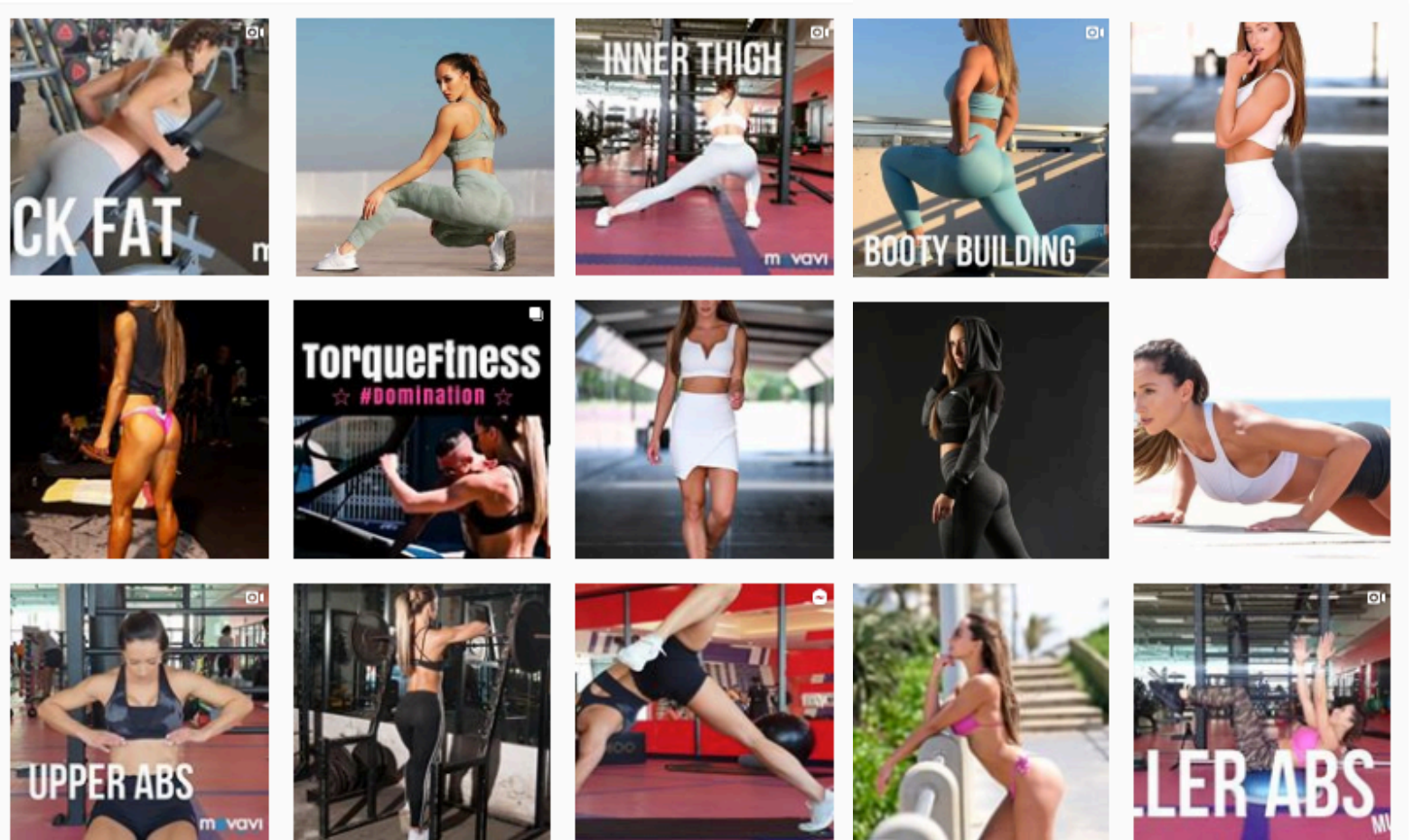
Angelique Roux 2019





Instagram Influencer

TorqueFitness



- 9k plus followers
- Average of 1000 profile visits weekly
- Average reach over 2k per a week
(the total number of unique accounts seeing my posts)
- Over 20k impressions in one week
(the total number of times all my posts are seen)

TorqueFitness On Instagram 2019

Sponsorship Opportunities

Monthly Meal Plan

- Own a spot on my diet plans for only R1500.00 a month
- Own 2 spots for only R2000.00

Example: rye bread from xyz and xyz health bar.

Swim Wear

- Competition Swimsuits
- Beach Swimsuits
- Full / Bikini
- Lingerie

Hair And Beauty

- **Hair / Hai extensions**
- **Lashes**
- **Botox**

Active Gym Wear

- Supply branded gym wear and receive shout outs and promo on my page
- Supply branded footwear nd receive shout outs and promo on my page

PARTNER TODAY

Name: Angelique Roux

Bank: FNB

Acc #: 62572322263

Branch: 223526

Type: Cheque

Ref: Company Name

Thank
You



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