# GYM

## PROGRAM

GETTING YOU INTO
MANAGEMENT CONSULTING



### GYM Program: The Ultimate Way to Master a Case Interview in 5 Sessions with **Guaranteed Results**



- Early access to my 350+ page book covering all the theory you need to know
- Access to \$1700+ of case and test materials to boost your prep





- 2 classes covering first principles approach to instantly crack 90%+ of all possible business cases
- · Easily build structures for the other 10% variations



#### Market sizing / PEI

- Crack 90%+ of all the market sizings and tools to crack the other 10%
- For McK candidates: Develop excellent stories for all 4 PEI dimensions



#### **Cont. Mentorship**

- Lifetime mentorship and advice
- Access to alumni network for career advancement opportunities

















Offer

**Enrolment** 

#### **Full Mock**

- Mock interview covering fit/PEI and case to understand your initial level
- Customised prep plan with actions to follow



#### **P2P Platform**

 Access to private P2P platform to practice with other highly-prepared candidates



#### **Full Mock**

- A full mock interview in the **final round format** with more fit-focus and pressure
- Review of real questions from your target office

- Unlimited FREE coaching guarantee until you get an offer
- \$1,700+ of free materials including top rated test guides (McKinsey Solve, BCG Casey), Industry Cheat Sheet, PEI Story Excel Builder
- Direct contact line to get replies within 12 hours to any question

10+

Years of Coaching

1,500+

Reviews

4,000+

**Coaching Sessions** 

100%

**Recommendation Rate** 

## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey & Company

**Company:** 

### McKinsey & Company -(1/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey

& Company

**Company:** 

### McKinsey & Company -(2/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey

& Company

**Company:** 

### McKinsey & Company -(3/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey

& Company

**Company:** 

### McKinsey & Company -(4/22)





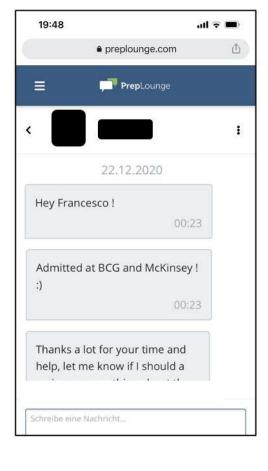


## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey **Company:**

& Company

### McKinsey & Company -(5/22)







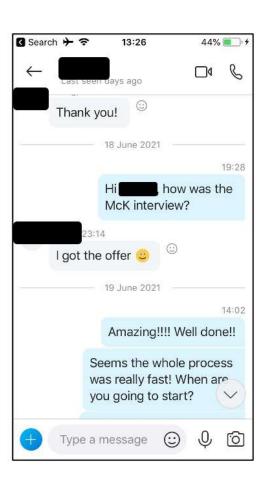
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey

& Company

**Company:** 

### McKinsey & Company -(6/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey & Company

**Company:** 

### McKinsey & Company -(7/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey

& Company

**Company:** 

## McKinsey & Company -(8/22)







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& Company

**Company:** 

### McKinsey & Company -(9/22)







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& Company

**Company:** 

### McKinsey & Company -(10/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> McKinsey

& Company

**Company:** 

## McKinsey & Company – (11/22)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman Others McKinsey

& Company

**Company:** 

## McKinsey & Company -(12/22)





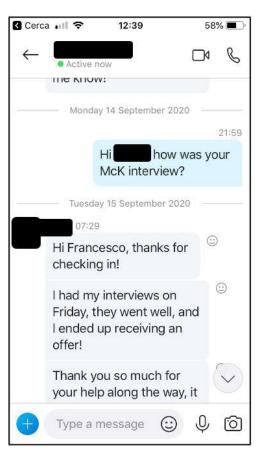


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### McKinsey & Company -(13/22)





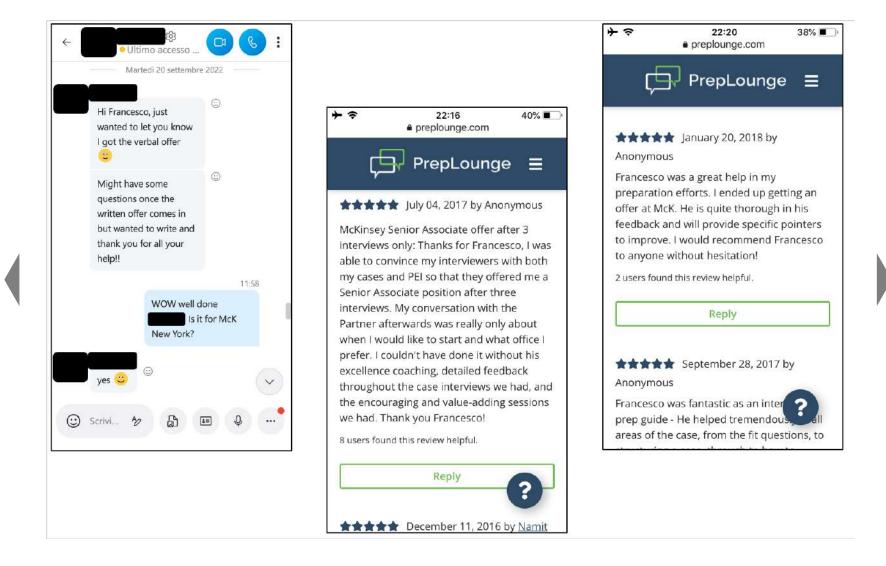




Company:

McKinsey & Company

### McKinsey & Company – (14/22)



## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u>

McKinsey & Company

**Company:** 

### McKinsey & Company -(15/22)





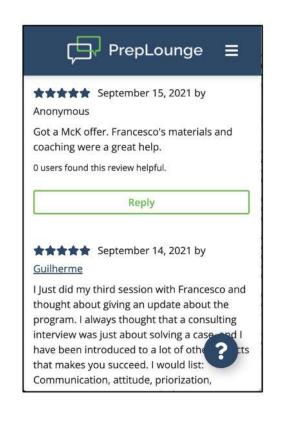


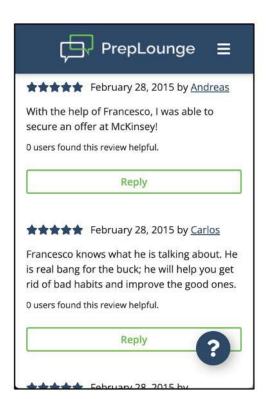
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McKinsey & Company

### McKinsey & Company – (16/22)





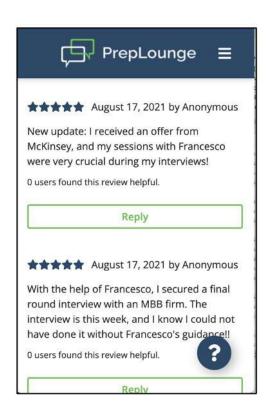


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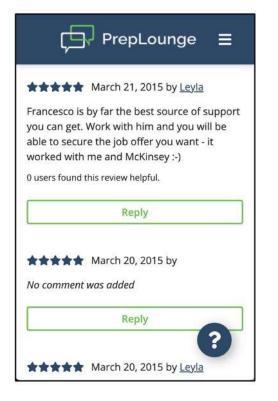
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McKinsey & Company

### McKinsey & Company -(17/22)







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**Company:** 

### McKinsey & Company -(18/22)



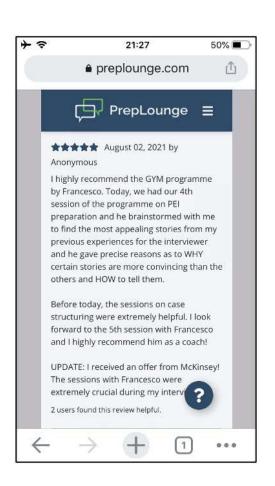


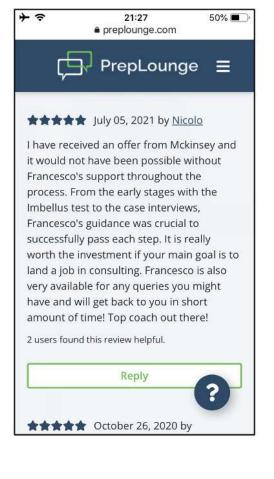


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**Company:** 

### McKinsey & Company -(19/22)







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& Company

**Company:** 

### McKinsey & Company -(20/22)







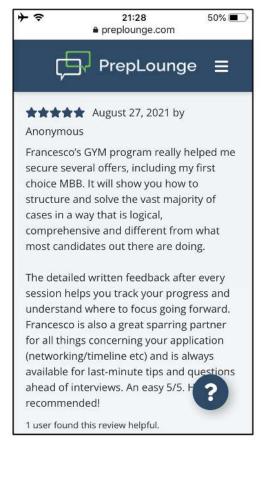
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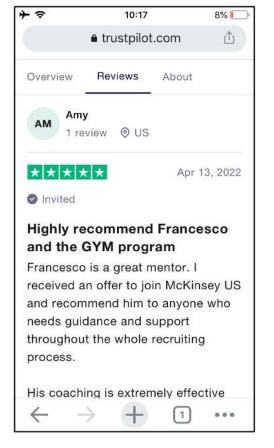
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### McKinsey & Company -(21/22)





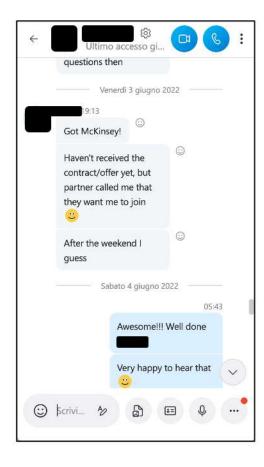


## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman <u>Others</u>

Company:

McKinsey & Company

### McKinsey & Company -(22/22)



## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

**Company:** 

### Boston Consulting Group -(1/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

**Company:** 

## Boston Consulting Group -(2/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> Company:

### Boston Consulting Group -(3/18)





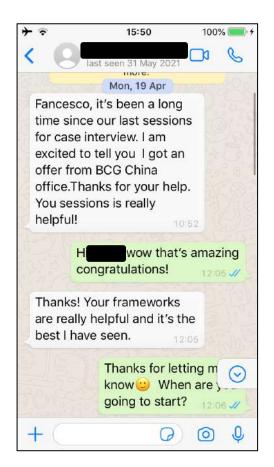


## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

**Company:** 

### Boston Consulting Group -(4/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman Others **Company:**

### Boston Consulting Group -(5/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company:

### Boston Consulting Group -(6/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company:

### Boston Consulting Group -(7/18)



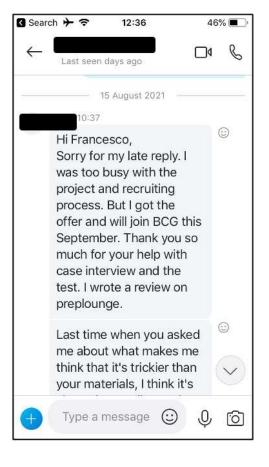




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**Company:** 

### Boston Consulting Group -(8/18)

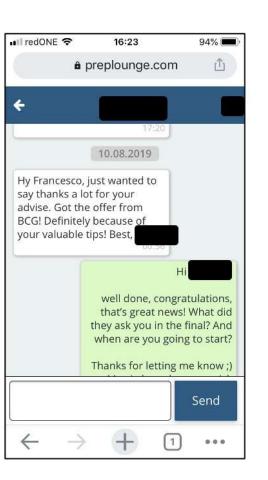




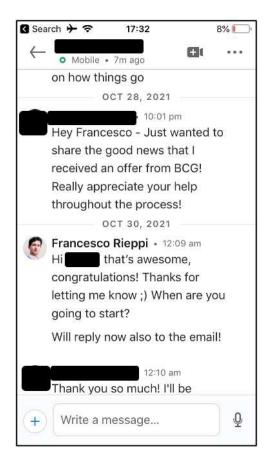


## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> Company:

### Boston Consulting Group -(9/18)



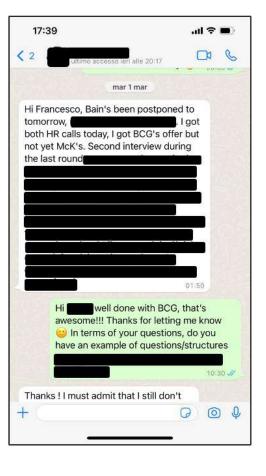




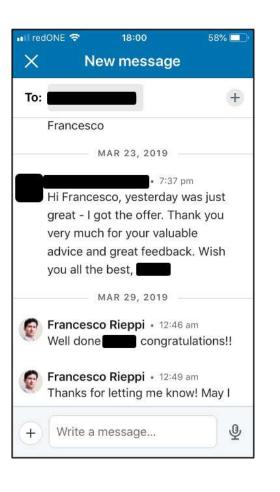
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Company:

### Boston Consulting Group – (10/18)





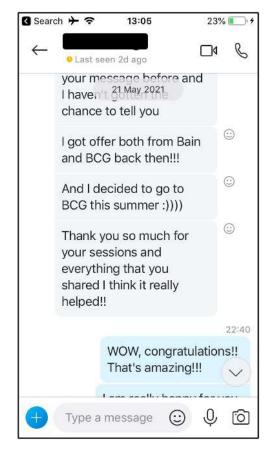


## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> **Company:**

### Boston Consulting Group -(11/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u>

**Company:** 

## Boston Consulting Group -(12/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

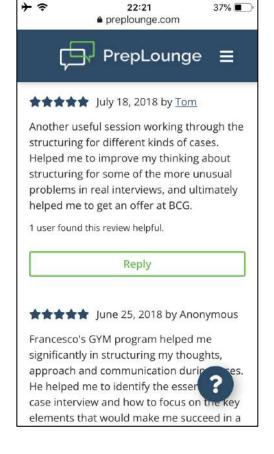
Company:

## Boston Consulting Group -(13/18)



+ =

areas!





We had 45 min as in a real interview setting.

the first part structured with two different

personal fit questions and the rest of the

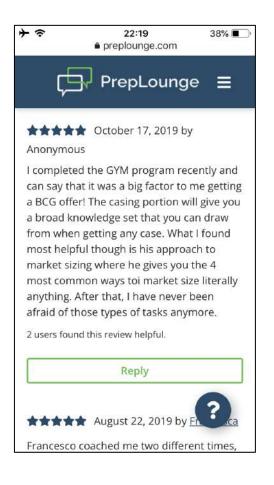
a bit tough and make you doubt, but I think

time dedicated to the case. The case the role that Francesco plays are so

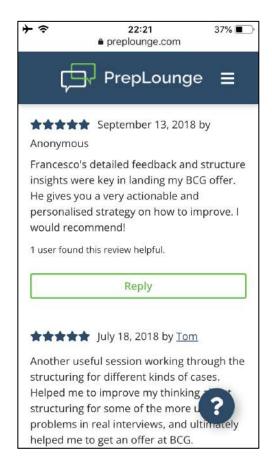
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

Company:

## Boston Consulting Group -(14/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

Company: BCC

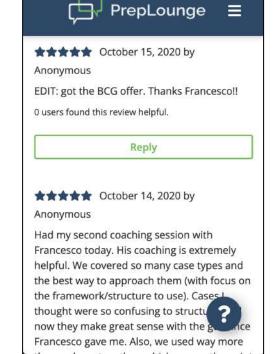


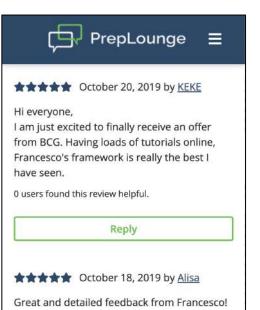
## Boston Consulting Group -(15/18)



★★★★ April 03, 2018 by Rajthilak

I am an Industry hire with advanced degree and I took the GYM program with Francesco and I am happy to say that I've received an offer from BCG and made it to the final rounds with McK and Bain without any rejections. While actually doing the different sessions with Francesco, I felt like I was not learning anything new but I only realised how much more polished I had gotten with my case skills compared to others while practicing with my peers. His frameworks are really comprehensive and learning them helped me be confident of any type of structuring. Also, the market sizing session was the most helpful because that is one of the most important skills in the later of the interviews. Will definitely recon Francesco!





He showed me how to better structure and

by formulating hypothesis and consequently

present the different parts of the ana

well as how I can drive the analysis p

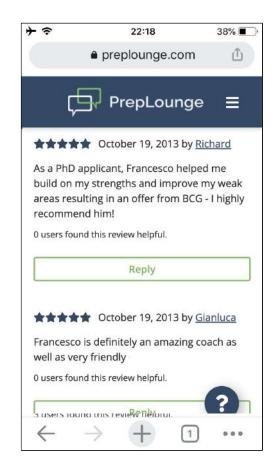
asking the right questions.

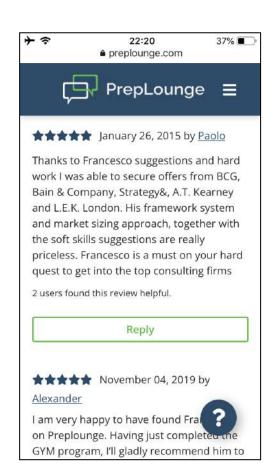
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

**Company:** 



### Boston Consulting Group -(16/18)





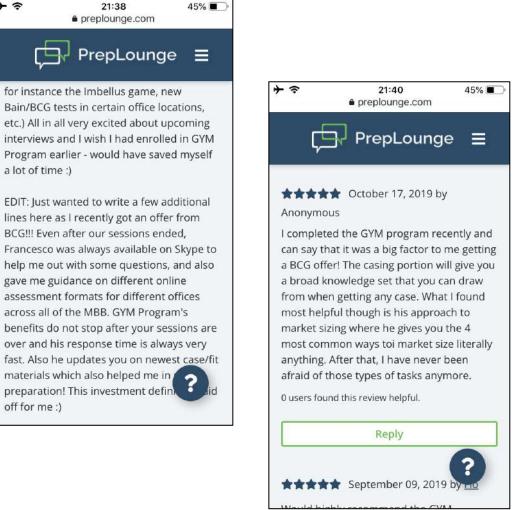


## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

Company:

### Boston Consulting Group -(17/18)

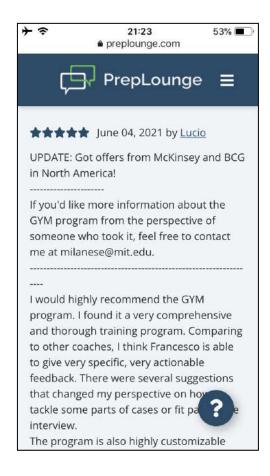




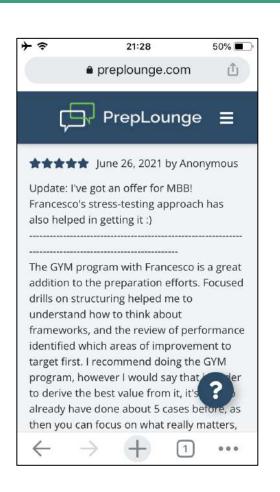
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

**Company:** 

## Boston Consulting Group -(18/18)



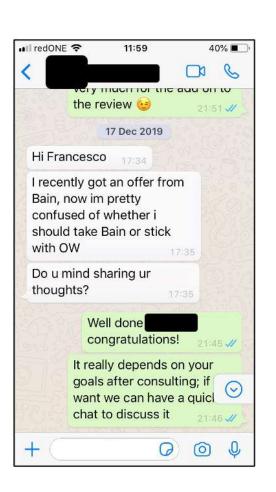




## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: BAIN

## Bain & Company -(1/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: BAIN & COMPANY

## Bain & Company -(2/18)







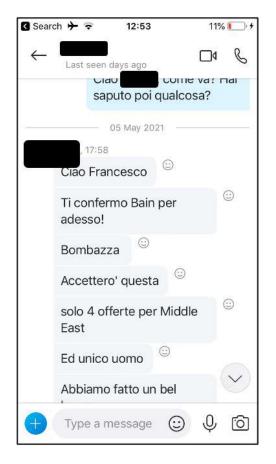
## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: BAIN

### Bain & Company -(3/18)



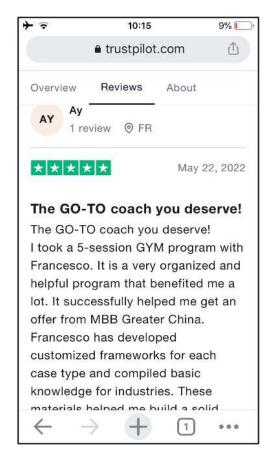




## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others**

Company: BAIN (4)

### Bain & Company -(4/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: BAIN (4)

## Bain & Company -(5/18)





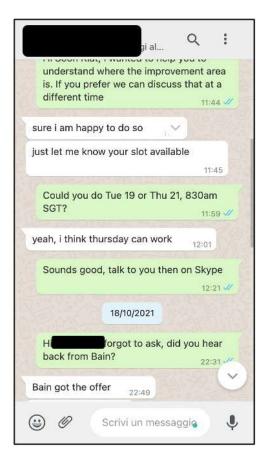


## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u> Company: BAIN

### Bain & Company -(6/18)







# McKinsey & Company **Boston Consulting Group**

Bain & Company

Kearney

**Roland Berger** 

Strategy&

Oliver Wyman

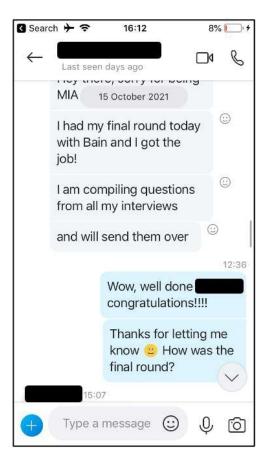
<u>Others</u>



### Bain & Company -(7/18)





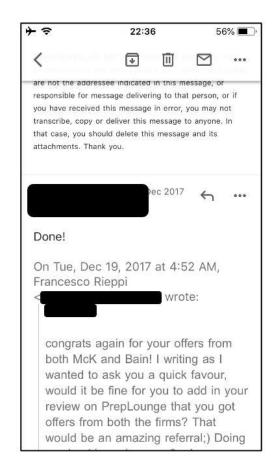


## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: BAIN (4)

## Bain & Company -(8/18)



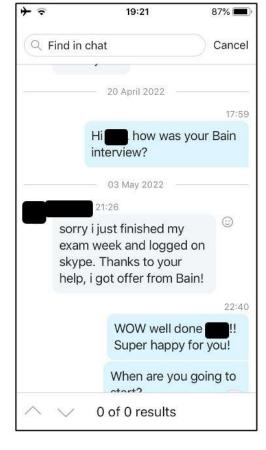




## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u> Company: BAIN (4)

### Bain & Company -(9/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u> Company: BAIN (4)

### Bain & Company – (10/18)



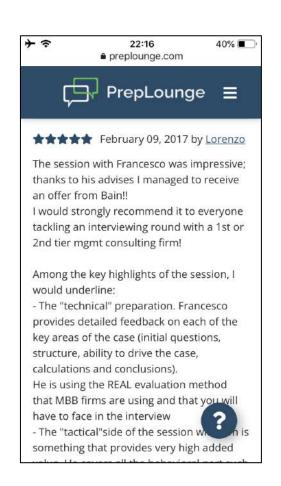




## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman Others

Company: BAIN (4)









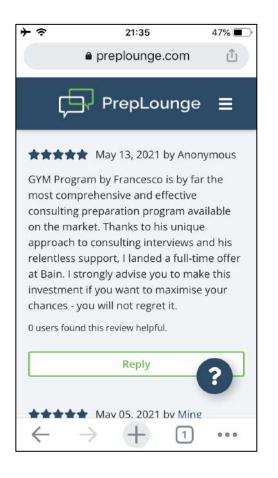
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman **Others**

Company: BAIN (4)

## Bain & Company – (12/18)







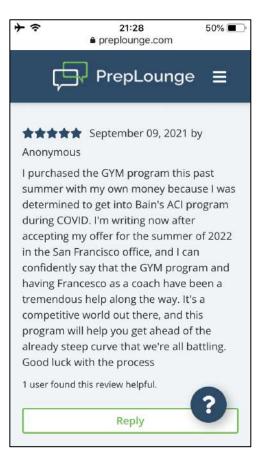
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman **Others**



### Bain & Company – (13/18)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others**

Company: BAIN (4)

### Bain & Company – (14/18)





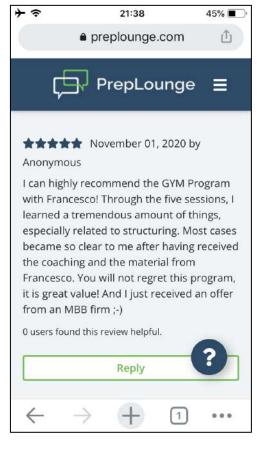


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Company: BAIN (4)

## Bain & Company – (15/18)



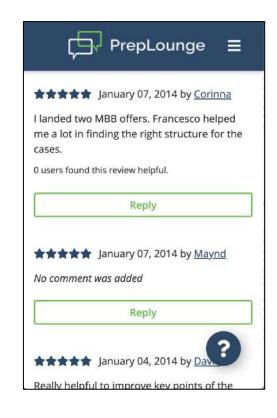


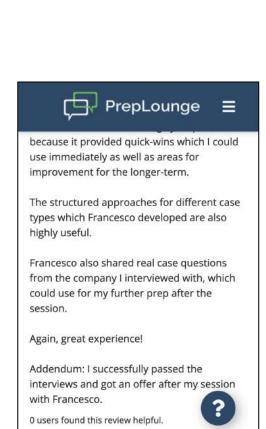


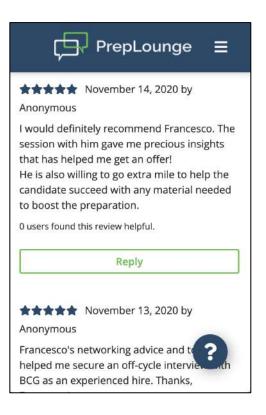
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others**



### Bain & Company – (16/18)







### McKinsey & Company

**Boston Consulting Group** 

Bain & Company

**Kearney** 

Roland Berger

Strategy&

Oliver Wyman

**Others** 



### Bain & Company -(17/18)

### PrepLounge =

★★★★ August 01, 2021 by Anonymous

Update: I've got an offer for MBB! Francesco's stress-testing approach has also helped in getting it:)

The GYM program with Francesco is a great addition to the preparation efforts. Focused drills on structuring helped me to understand how to think about frameworks, and the review of performance identified which areas of improvement to target first. I recommend doing the GYM program, however I would say that in order to derive the best value from it, it's best to already have done about 5 cases before, as then you can focus on what really matters, rather than just getting to kn mechanics.

0 users found this review helpful.

### PrepLounge 🖃

★★★★ February 27, 2020 by

Anonymous

I secured an MBB offer after completing Francesco's GYM program.

Francesco is a very structured and organized coach and I could see myself growing with every session. He was very punctual and meticulously organized. He provided detailed (often in excess of 1 page) feedback that covered areas beyond case structuring, i.e. Francesco also provided feedback on the way I communicated, made notes and asked clarifying questions.

Francesco teaches you a way to think way to frame problems, which is ver important for increasingly complex cases and business problems.



\*\*\* February 19, 2015 by Manuel

Two sessions with Francesco and I landed the offer I was really looking for, although it was my first case interview since 2 years! I was quite bad at these type of interviews, but his tips were extremely helpful, even the questions to ask at the end were really great advices and can really make a difference in landing the jobb.

0 users found this review helpful.

Reply

★★★★ February 16, 2015 by Andreas

No comment was added

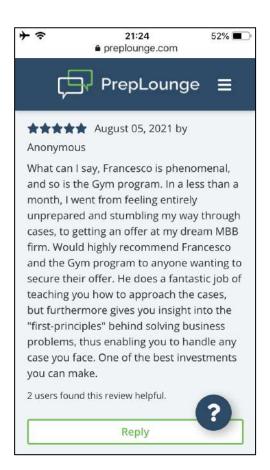


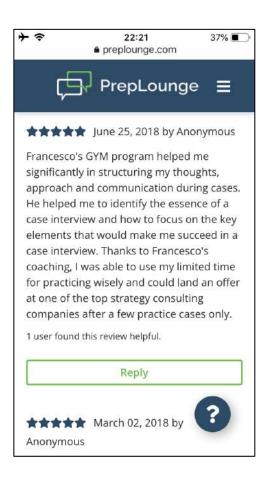
Reply

## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others** Company: BAIN (4)





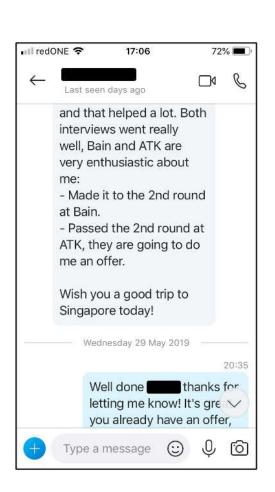




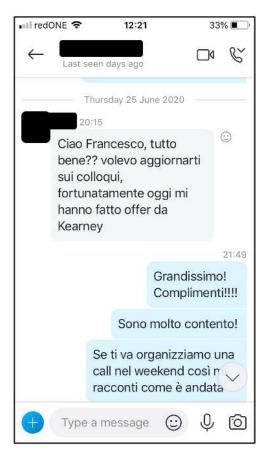
## McKinsey & Company **Boston Consulting Group** Bain & Company <u>Kearney</u> **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: KEARNEY

## Kearney - (1/4)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: KEARNEY

## Kearney - (2/4)



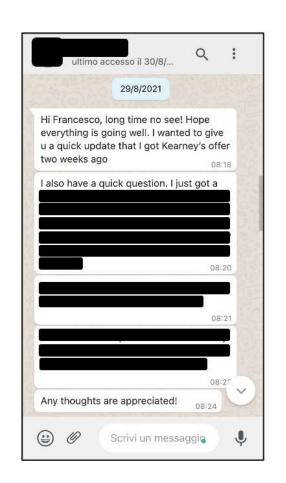




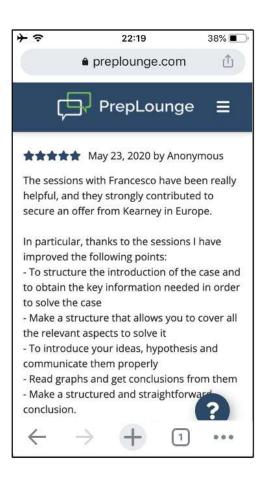
## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others**

Company: KEARNEY

### Kearney - (3/4)



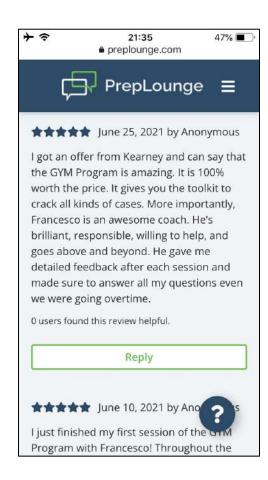




McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman <u>Others</u>

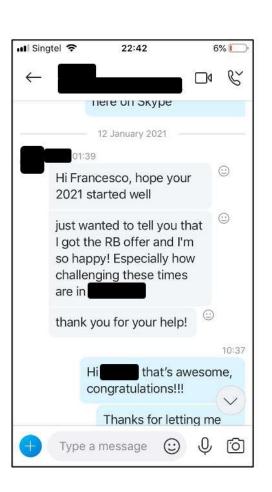
Company: KEARNEY

### Kearney -(4/4)



## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u> **Company:**

## Roland Berger -(1/3)

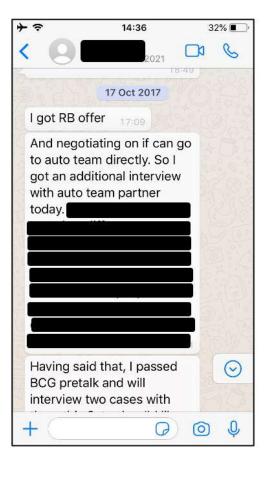






## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u> **Company:**

## Roland Berger -(2/3)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman



<u>Others</u>

### Roland Berger -(3/3)

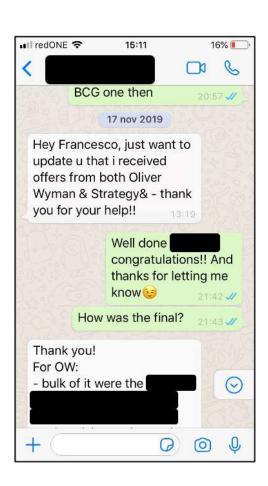




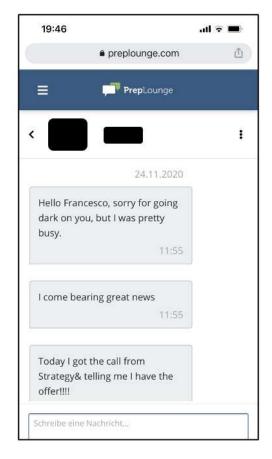
## McKinsey & Company **Boston Consulting Group** Bain & Company <u>Kearney</u> Roland Berger Strategy& Oliver Wyman <u>Others</u>

Company: Strategy&

## Strategy&-(1/4)







## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: strategy&

## Strategy& -(2/4)







## McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: strategy&

## Strategy& -(3/4)



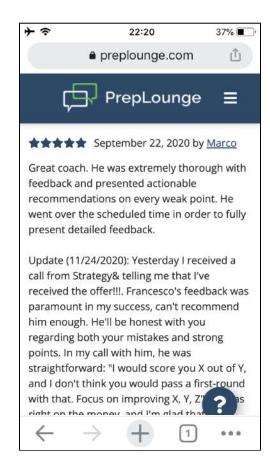




McKinsey & Company **Boston Consulting Group** Bain & Company Kearney Roland Berger Strategy& Oliver Wyman <u>Others</u>

Company: strategy&

## Strategy& -(4/4)



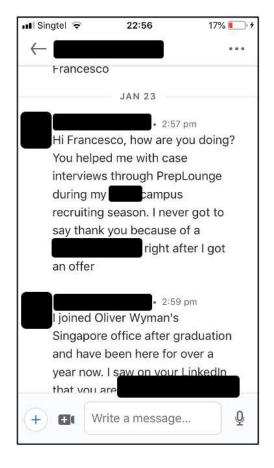
# McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others**

Company: OliverWyman

## Oliver Wyman -(1/3)





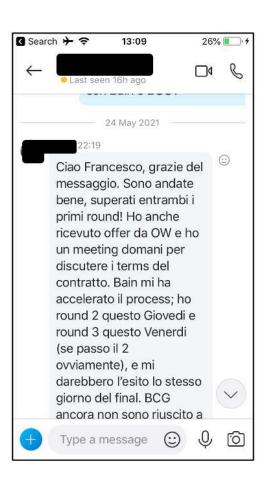


# McKinsey & Company **Boston Consulting Group** Bain & Company Kearney **Roland Berger** Strategy& Oliver Wyman Others

Company: OliverWyman

## Oliver Wyman -(2/3)



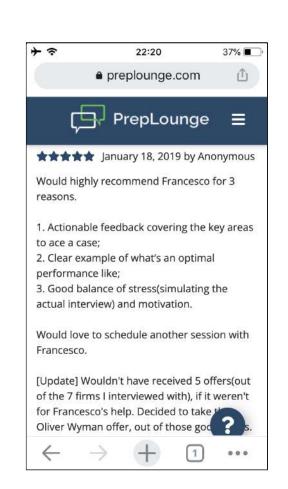




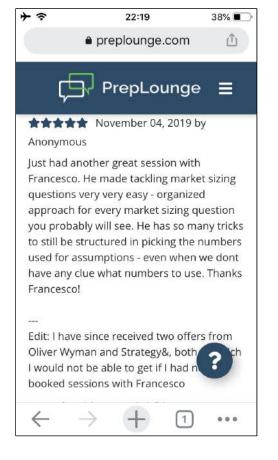
# McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman **Others**

Company: OliverWyman

### Oliver Wyman -(3/3)







# McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman Others

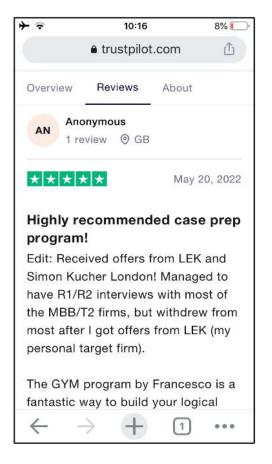
Company:



## Others (LEK) - (1/12)



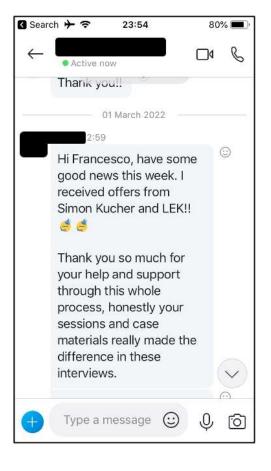




## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman **Others** SIMON • KUCHER & PARTNERS **Company:**

Strategy & Marketing Consultants

## Others (Simon Kucher & Partners) -(2/12)







#### McKinsey & Company

**Boston Consulting Group** 

Bain & Company

<u>Kearney</u>

Roland Berger

Strategy&

Oliver Wyman

Others

**Company:** 



## Others (ZS) -(3/12)

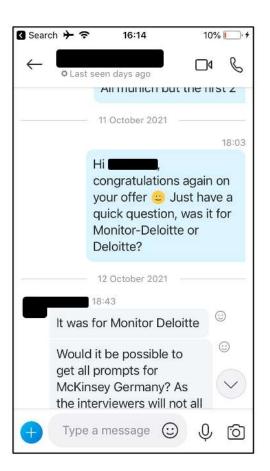




## McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman Others Monitor **Company:**

## Others (Monitor Deloitte) – (4/12)







McKinsey & Company

**Boston Consulting Group** 

Bain & Company

**Kearney** 

Roland Berger

Strategy&

Oliver Wyman

<u>Others</u>

Company:



## Others (Monitor Deloitte) – (5/12)



# McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u>

Company: Deloitte.

## Others (Deloitte) -(6/12)





# McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman <u>Others</u>

Company: Booz | Allen | Hamilton

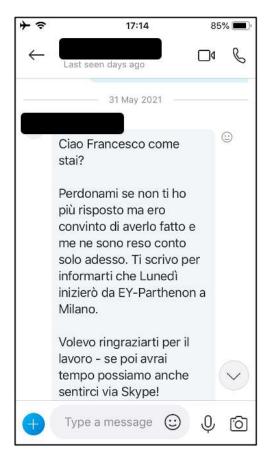
### Others (Booz Allen Hamilton) – (7/12)

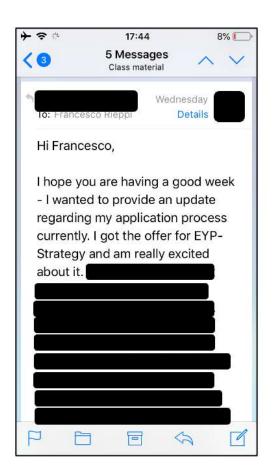




# McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney Roland Berger** Strategy& Oliver Wyman <u>Others</u> Company: **EY** Parthenon

### Others (EY-Parthenon) -(8/12)







McKinsey & Company

**Boston Consulting Group** 

Bain & Company

**Kearney** 

Roland Berger

Strategy&

Oliver Wyman

<u>Others</u>

Company:



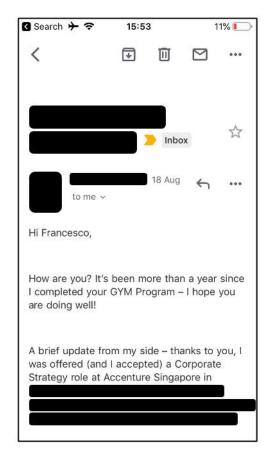
## Others (Delta Partners) -(9/12)



McKinsey & Company **Boston Consulting Group** Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman <u>Others</u>

Company: accenturestrategy

## Others (Accenture Strategy) -(10/12)



McKinsey & Company

Boston Consulting Group

Bain & Company

**Kearney** 

Roland Berger

Strategy&

Oliver Wyman

<u>Others</u>



## Others (IQVIA) - (11/12)



McKinsey & Company Boston Consulting Group Bain & Company **Kearney** Roland Berger Strategy& Oliver Wyman <u>Others</u>

Company: **△RTHUR □LITTLE** 

## Others (Arthur D Little) -(12/12)



## GYM Program – Testimonial Collage (Readable version <u>HERE</u>)

