

THREE 12 WEEK TRANSFORMATION PHASES TOTAL 36 WEEKS

LOSE WEIGHT
AND INCHES



90 DAYS= 12 WEEKS

PROPORTIONING
FIRMING AND TONING



90 DAYS=12 WEEKS

STABILIZE RESULTS
MAINTENANCE



90 DAYS=12 WEEKS

Your Present Weight? _____

Your Goal Weight? _____



LOSE A TOTAL
OF _____
LBS.

Neck Arms Shoulder Chest/Bust Waist Hips Thighs Calves



LOSE A TOTAL OF
_____ INCHES

BENEFITS:

- Improve appearance
- Trim inches
- Increase strength
- Reduce tension
- Gain weight
- Improve athletic performance
- Sleep better

- Lose weight
- Firm and tone
- Reduce coronary risk
- Stimulate circulation
- Increase endurance
- Improve posture
- Relax, have more fun

PROGRAM PRICING: T D \$

Platinum: 3 levels - Exercise, Nutrition, Accountability plus 2 - 30-minute personal training sessions per week \$199 week

Gold: 3 levels - Exercise, Nutrition, Accountability \$99 week

