

# the "Sprint" PACKAGE

Presented By Master Trainer :

*Claire Maddox*

# the SOLUTION

*Do you want results in double quick time?*

This Package will help you burn fat, reduce your size, improve your shape and fire up your metabolism by experiencing a large variety of FUN exercises over 30 minutes twice weekly.

By working the whole body consistently, you will see many improvements to your health, core strength & posture and by going the extra step you will see extremely fast results.

# THE PACKAGE INCLUDES

- ž 2 x 30 minute one on one Personal Training sessions each week focusing on all aspects including cardio, resistance training, medicine balls and more.
- ž 1 x FREE 30 minute one on one Personal Training session
- ž Personal Training diary
- ž Personal Program updated monthly
- ž Nutritional guidance
- ž Goal setting and re-assessment every 4 weeks
- ž 2 x FREE Personal Training sessions for a friend or family member
- ž Regular educational information via email and Facebook
- ž Social events
- ž 100% money back guarantee

# YOUR OPTIONS

All Options are Direct Debit

Fortnightly	Weekly
150	75

# CONGRATULATIONS

“Congratulations on making the positive decision to take control of your life, health and fitness, and to start achieving great results.”

*Claire Maddox.*