

Script for video:

Struggling with losing weight?

Don't know where to start?

You manage to lose weight, but you gain it back quickly?

That's why I'm here. My name is Alexandra. I'm a fitness trainer, and I'm here to help you burn that fat. All you really need is the right workout and nutrition program. Now, this is nothing like other programs you see on the internet, that are the same for everyone. I make the programs tailored specifically to you, your body and your goals you want to achieve.

Caption:

Do you know the secret to getting lean?

It's not all about working out as hard as you can. It's certainly not starving yourself.

It's a very simple, secret way that will prevent you from making major mistakes and achieving the greatness of your dream body.

We train serious women who have a true desire for a healthier lifestyle.

Click the link in bio if you want to be let in on a life changing secret.

