

Facebook Ad 1

⚠️🚫 WARNING 🚫⚠️ Personal trainers don't want you knowing about this 439% cheaper method for burning fat at home 📌

Don't sacrifice hundreds of dollars,
or precious time with your children...

Just to get a personal training session that feels the same every time.

Message me "CLAIM" to claim your \$18/session discount on my online bootcamp led by a marine with ENDLESS motivation.

Facebook Ad 2

How to shed 9.3lbs a month with just two at-home workouts a week 📌

You don't need to hire an expensive personal trainer,

Buy some crazy equipment,

Or do endless jumping jacks to get a summer body from home.

Spend that extra time and money on your precious kids instead,

Message me "HOW" to reveal the secret to toning up with just two workouts a week.