

**Avatar:** Lizzie, 22 y/o, wants to improve her physique

**Current State:** Lizzie is a skinny fat girl that wants to improve her physique, she wants to reach her goals but doesn't know how. She has never been in a gym, and she doesn't know how her body works, and what her needs only have goals, but goals without a plan mean nothing. She doesn't have much time to dedicate to the gym because of university, and most of the time school makes her feel unmotivated and so tired that she just wants to sleep for the rest of the day.

**Dream State:** Lizzie wants to fully understand what she has to do to build her dream body, she wants to feel like going to the gym, working out, and having time to do it effectively. She wants to have a big plan to follow every day with people that support her in reaching her goal.

**Roadblock:** The thing that is keeping Lizzie away from reaching her dream state is that she doesn't know how to reach it. She doesn't have a plan and doesn't know how to build one because of her inexperience.

**Solution:** If Lizzie has a program that works for her and helps her reach her goals, she will start building the body of her dreams.

**Product:** The product is an actual fitness program with workouts at home or at the gym, nutrition programs, meditation programs, and everything that could help Lizzie during her journey. What I'm writing is an opt-in page that gives Lizzie access to this fitness program for a whole week where she will be testing the program and understanding whether she likes it or not.

Welcome!

Try the program for 7 days for free, and start your journey for a happier, more confident, and better-looking you!



Use for free the method that helped hundreds of women like you change their lives and crush their goals, not just in fitness but also in life.

Why was this program created?

During my fitness journey, I went through days where the last thing I wanted to do was be constant with the gym and the diet because they were too tough. I was putting myself through a lot of suffering.

I was destroying myself physically by spending hours at the gym hoping to see some improvements. As well as mentally by following a restrictive diet that drove me crazy and in the end brought me **ZERO** gains.

All that time, nevertheless, taught me something. It taught me that you should not hate living your fitness life, you should live it positively.

Your fitness life should make you happier and more confident in yourself, making you feel full of energy from sunrise to sunset,

Not stressed every time someone talks to you or so tired that you risk falling asleep whenever you sit on the bench at the gym.

That's why I gradually started making tiny changes during my days, first I indulged in some of my favorite meals in my diet,

Then I started working out with a purpose, not to the point of crawling to the ground to get back home.

And I'm grateful I lived those tough moments because they drastically helped me come up with the method that transformed my out-of-shape body into a temple of natural health and beauty.



So I decided to give hundreds of other women the chance to try and work with my method, to achieve their fitness goals...

Every single one of those who used my program has never been happier and more confident with their body, and you could be one of them too!

A lot of them had tried other programs in the past, but none of them worked, and the reason is just one, they weren't given the right **SUPPORT**

Let me tell you one little secret.

It doesn't matter if you:

- have the best program ever

-built by the most expert personal trainer you can find on earth

-you work out at the best gym with the most sophisticated training machine on the planet

-you eat the most nutritious food you can find at the best groceries stores in the world

-use the best supplements that big fitness stars use

Because if all of this isn't useful for you and isn't structured to help reach your goals

## **IT IS NOT GOING TO WORK!**

My unique and proven method will easily help you significantly transform your current body into the most wanted physique on the beach. Those shiny abs and marble glutes will finally be yours, and not only that...

In this program, you will not only find workout materials, we are not limited to that. You will also discover:

-How to personalize your diet to make it the most functional to your situation and your goals (forget about the **bland meals** you are thinking about)

-How to relax and release all of your daily stress with yoga sessions together with a professional yoga teacher

-The secrets to alleviating the pain and feeling way better during a stressful moment of a woman's life, our period.

## **AND MORE!**

Because success doesn't come from 1 hour a day at the gym, success is shaped at 360°, and I want you to succeed in every realm of your life and in the easiest way possible.

Everything you'll need to reach your goals and feel a better woman will be here.

Try this program, the only one you'll find that will make you say "I can't wait to work out today"

**But how is this 7-day free trial structured?**



Well, this is a smaller version of my actual program, built for those of you that want to "try before buying", my advice is **SEE IT FOR YOURSELF.**

So if you want to know how it feels to be a strong, confident woman like us then try this program, 7 days for free.

Also, after the end of the free week, you will receive a discount code with which you can subscribe to my complete program and get access to all of the content you experienced during this free trial, and so much more.

In this smaller version, you will find:

-20 video lessons from my complete program to give you a small taste of my proven method

-2 live home workouts you can try even if you have **ZERO** experience and have never even tried training

-1 COMPLETE workout to attend at the gym to try my method and start to understand what it means to **WORK OUT**

-2 video lessons with our **PRIVATE** dietist to learn how to eat effectively to reach your goals (as I said before, forget about tasteless and boring meals)

-5 healthy, tasty, fast, and easy-to-make recipes to taste how flavorful and successful your diet will be

-3 yoga and stretching video lessons to make you relaxed and go through your day positively

-1 video lesson with our physiotherapist so after your first day of **REAL** workout you will alleviate the ache of your muscles

-2 video lessons about the alterations of the **period** because of your daily stress

-1 video lesson with our psychologist to build a genuine relationship with fitness and not start to hate it

-Access to the platform from the app, smartphone, pc, and smartTV, so you will be able to enjoy it from your living room, from the park, from the gym, or wherever you will be

This is all you will get **JUST** with the free trial, so just imagine what the complete program is going to be and how it is going to help you...

### Our wonderful community



An incredible community is born, a community full of amazing girls, women, workers, and students, all united by their passion.

Always there to motivate each other whenever the motivation is lower than their feet,

whenever they are sad or worried, they will always be there for each other, and soon for you either...

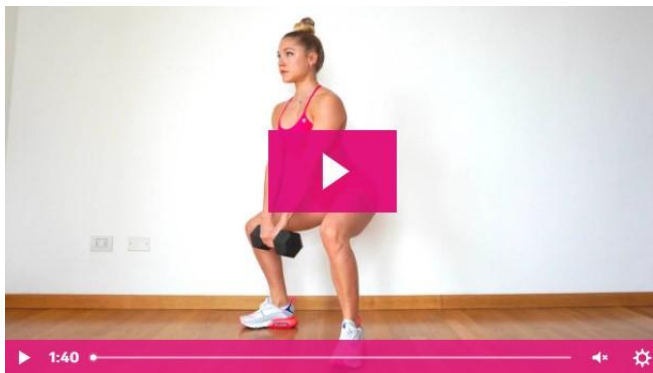
To this day, more than **12.000** girls have tried at least one workout from my program.



Starting today, you will have exclusive access to this revolutionary community.

So what are you still doing here? Start now the journey to become the best version of yourself.

**Let's have a concrete look at this smaller program:**



HOME WORKOUT SECTION:

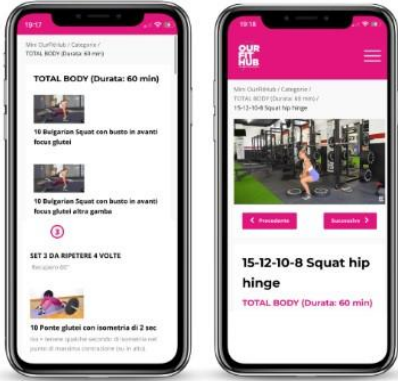
Here's where you will get those home workouts I was talking about before, specifically you will get:

-Abs & Core workout (15 minutes)

-Legs and Glutes (45 minutes)

Those 2 workouts are extracted from the complete program, and you can do them at home, weights won't be strictly necessary, you can use booty bands and simply bottles of water.

At the end of the workout, you will be amazed by how motivating a live workout will be, with me directly there to support you, and by the acknowledgment that you don't need to spend 3 hours at the gym to have an effective workout.



## WORKOUT GYM SECTION

Here's where you will find the gym workout.

You will get a PDF to download where there will be all the exercises to do during that workout.

You will not be alone there either, I will provide you with videos to explain how to execute every single exercise to make sure that you get the most out of this workout.



## WORKOUT EXTRA SECTION

Seeing that **A LOT** of my girls are students or workers, or simply do have not so much time to dedicate to workouts, I created this section to guarantee you make progress with your body and reach your goals, even when you have just 30 minutes a day.

Specifically, you will find a HIIT (high-intensity-interval-training) workout, recorded in a special location by the sea.

#### **NUTRITION HUB**

##### **GUIDA ALLA SANA ALIMENTAZIONE**



##### **Spuntino Pre - Allenamento | Cosa mangiare**

Insieme alla nostra dietista Rebecca andremo a darti tutte le indicazioni per preparare uno spunt...



##### **Allenamento a digiuno, è consigliato?**

Con la nostra dietista Rebecca andremo a spiegare dal punto di vista scientifico se l'allenamento...

##### **RICHIEDI IL TUO PIANO ALIMENTARE PERSONALIZZATO**

## **NUTRITION HUB SECTION**

Here you will find 2 videos with our dietist, where we'll talk about how to maximize the efficacy of your workouts with the pre-workout meal, plus there will be an excursus about the "fasted workout".

Also, you will have the opportunity to start a personalized alimentary education journey with her, where you'll learn:

- how to create a meal plan personalized to your goals and your preferences without making it strict or boring

- how to manage macros and make them effective for your progress and your growth

-how to eat healthier by indulging in your favorite dishes without sacrificing your progress and being guilt-free

And a lot more!

#### FOOD HUB



##### **Pasta integrale e ceci (Vegana 🌱) | Schiscetta**

Pasta integrale, ceci, pomodorini e granella di mandorle.



##### **Piadina con ceci e zucca**

Crema di ceci, crema di zucca, Philadelphia, pomodorini e noci.



##### **Bowl**

Yogurt bianco, miele, mela, mirtilli, mandorle e farro soffiato.

#### FOOD HUB SECTION

Always with our dietist, here you'll find 5 flavorful, healthy, and easy-to-make dishes, to make your diet balanced and make you feel sure that everything you eat is beneficial for your journey.



#### WELLNESS HUB SECTION

I don't want you to feel stressed during your day or blocked after your workouts, that's why here in the wellness hub section you will get 2 different videos:

-one to increase the mobility of your hips

-one to relax your back

Both of them are fundamental to going better through the workout, without injuring yourself or straining your muscles, and to feel relaxed during your day.



## HEALTH HUB SECTION

Here you will find a video with a psychologist and a physiotherapist that will treat one of the most important aspects of women's lives, our period.

They, with all the other experts, will talk to you about:

-how to alleviate the lumbar pain to make you live a more pleasant period

-how to avoid altering your menstruation to make you feel your best

-how to live a genuine relationship with physical activity and not live it as a chore and stressful time but as a pleasure



If this wasn't enough and you still have some doubts or concerns, do not hesitate to contact us asking every question you might have.

Our team will instantly get your question and reply rapidly and precisely, so do not hesitate to contact us.

### **TRY IT FOR FREE**

Be proud of yourself and try for free the program that helped hundreds of women like you to achieve their ideal bodies and made them feel confident about themselves!

-20 video lessons from my complete program to give a small taste of my proven method and how I like to work

-2 live home workouts you can try even if you have **ZERO** experience and have never even tried to work out

-1 COMPLETE workout to attend at the gym to try my method and start to smell what it means to **WORK OUT**

-2 video lessons with our **PRIVATE** dietist to learn how to eat effectively to reach your goals (as I said before, forget about tasteless and boring meals)

-5 healthy, tasty, fast, and easy-to-make recipes to taste how flavorful and successful your diet will be

-3 yoga and stretching video lessons to make you relaxed and go through your day positively

-1 video lesson with our physiotherapist so after your first day of **REAL** workout you will alleviate the ache of your muscles

-2 video lessons about the alterations of the **period** because of your daily stress

-1 video lesson with our psychologist to build a genuine relationship with fitness and not start to hate it

-Access to the platform from the app, smartphone, pc, and smartTV, so you will be able to enjoy it from your living room, from the park, from the gym, or wherever you will be

Plus, at the end of the trial, if you purchase the complete program you will get exclusive advantages that will help you more easily reach your goals...

But no more spoilers!

Subscribe for the free trial and change your life for the better!

Disclaimer: at the end of the trial you will not get charged for any program.

You will just see "error" whenever you'll try to access the portal of the program