

Summer Shred '24

Challenge

Summer is almost here—are You ready to get shredded?

Join our exclusive Summer Shred '24 Challenge and transform your physique in just 6 weeks! Designed to help you achieve peak fitness and confidence for summer and the best shape of your life

****What You'll Get:****

- ****Customized Workouts:**** Enjoy 6 weeks of structured workouts, including 5 sessions per week, cardio routines, and outdoor walking plans.
- ****Personalized Nutrition Plan:**** Receive a nutrition guide crafted for energy, mental clarity, and fat loss throughout the day.
- ****Delicious Recipes:**** Weekly recipes to keep you motivated and connected with fellow participants.
- ****Community Support:**** Access our exclusive forum to share experiences and stay motivated together.
- ****Direct Coach Interaction:**** Chat directly with me directly through the app and I'll hold your hand to make sure you get the best results possible!
- ****Accountability Tracking:**** Track your progress with regular weight, body metrics, and photo updates.

****BONUS.****

Access on-demand mobility routines and additional nutritional resources.

****Special Surprise****

At the end of the challenge, one participant will win a personalized supplement stack, a pair of barefoot shoes, and a special surprise!

****Join Now and Get Shredded for Summer!****

Don't miss this opportunity to achieve your best summer body. ****Limited spots available****
sign up today!

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FREE Animal-Based Diet PDF

If you've been thinking of trying the animal-based diet but don't know where to start, I got you!

****What's Included?****

Discover the comprehensive Animal-Based Diet PDF created by Dr. Paul Saladino, renowned for his expertise in nutritional health. This guide outlines all the essential foods you should include and avoid on an animal-based diet, ensuring you have a clear roadmap to kickstart your journey towards optimal health.

****Why Choose an Animal-Based Diet?****

An animal-based diet emphasizes whole, nutrient-dense foods that are rich in essential vitamins, minerals, and proteins. It's designed to support overall health, improve energy levels, and promote sustainable weight management.

****Start Your Journey Today!****

Download your FREE Animal-Based Diet PDF Now Whether you're curious about the benefits of this dietary approach or ready to make a significant change, this guide will empower you to make healthier choices and improve your overall lifestyle.

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30 Days to a Bigger Butt + Great Squat

****What's included?****

****Three Challenges.****

In this guide, I give you **3 *separate*** challenges:

30 Day Squat Challenge;

30 Day Hip Thrusts Challenge;

and 30 Day Glute Challenge.

All have been designed to increase the performance of your glutes and the strength of your squats and hip thrusts.

****Test Your Limits.**** Each challenge is for 4 weeks. **6 days out of the week** there is a workout! On day 30 of each challenge, you will test your max weight for the given challenge.

****Repeat And Progress.**** This guide can also be used over and over again as long as you keep increasing your weights and performance accordingly!

****Mix And Match.**** These plans can be used by themselves, thus giving you 3 months of challenges to increase your overall performance, or you can stack them and really push yourself to increase your leg gains over the course of 30 days!

Buy now for only \$7! That's less than lunch!

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Tier 1 Monthly Online Fitness Programming + Nutrition Guidance

4 Weeks of Workouts Programmed for your Unique Goals

****What's Included?****

****Personalized Workout Plan:**

Access to personalized and results-driven workout plan updated weekly or monthly as necessary based on goals and needs

****On-Demand Workouts and Nutrition Courses:****

Access to my on-demand workouts and nutrition courses

****Stretch and mobility routine****

A stretch and mobility routine to improve flexibility, prevent injury, and optimize recovery between workouts.

****Nutrition Guidance:****

A Nutrition guidance plan sent to you through the chat; plan based on the animal-based diet for optimal health and wellness

****Direct Access:**** Connect with me via chat through the app from Monday to Friday, 10 AM to 5 PM CST. Whether you have questions about workouts, nutrition, or need motivational support, I'm here to provide guidance and encouragement about any and every topic you need to ask about!

****Check-ins**** once a week on Sunday morning with weight, progress, questions, concerns, and change inquiries

****Delicious Recipes:**** recipes delivered throughout the week. These recipes are designed to complement your fitness goals and keep your meals exciting and nutritious.

Join now!

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Tier 2 Monthly Online Fitness Programming + Nutrition Guidance

If you need more 1 to 1 connection with me, this is the package for you.

****What's Included?****

****Direct Access:****

Access to me via chat through the app any time of the day about any and every topic you need to ask about!

****Personalized Workout Plan:**

Access to personalized and results-driven workout plan updated weekly or monthly as necessary based on goals and needs

****On-Demand Workouts and Nutrition Courses:****

Access to my on-demand workouts and nutrition courses

****Stretch and mobility routine****

Stretch and mobility routine

****Nutrition Guidance:****

Nutrition guidance plan based on the animal-based diet for optimal health and wellness

****Check Ins.****

Check ins 3 times a week (Sun, Wed, Fri) with weight, progress, questions, concerns, and change inquiries

****Video Calls.****

Option to do a video call 1 times a week as well

****Delicious Recipes.****

Recipes sent to you throughout the week

****Health And Wellness.****

Health and wellness product recommendations sent to you throughout the week

Join now!

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Tier 3 Monthly Online Fitness Programming + Nutrition Guidance

If you need me as your personal fitness assistant and for me to be there with/for you along every step of the way to really get the results you want, then this is the package for you!

****What's Included?****

****Personalized Support:****

Access to me via chat through the app, video chatting through FaceTime or Google Meets, WhatsApp, etc. any time of the day about any and every topic you need to ask about!

****Customized Workout Plan:****

Access to personalized and results-driven workout plan updated weekly or monthly as necessary based on goals and needs

****On-Demand Workouts and Nutrition Courses:****

Access to my on-demand workouts and nutrition courses

****Stretch and Mobility Routine:****

Stretch and mobility routine

****Nutrition Guidance:****

Nutrition guidance plan based on the animal-based diet for optimal health and wellness

****Delicious Recipes.****

Recipes sent to you throughout the week

****Health and Wellness Product Recommendations:****

Health and wellness product recommendations sent to you throughout the week

****Transform Your Life Today!****

Join now and say goodbye to your old self and hello to a better, more energetic self!