



8-WEEK

HEALTH CHALLENGE

Money Back Guaranteed!

WHAT YOU GET

14 HOURS of Personal Training

10-Week Fitness Program

Posture and Health Evaluation

Nutrition Consultation

Goal-setting Consultation

My promise to you is to provide you with the best advice, training and support that I possibly can in order to get you to your goals. If at the end of 8-weeks, you do not feel that you have achieved what you set out to do then you will get every single penny back. No questions asked.*

LOSE WEIGHT, TONE UP, BOOST YOU ENERGY, CHANGE YOUR SHAPE.

Whatever your goals, you can get there when armed with the right tools.

For more information email Debbie at:

info@backintraining.com

**A minimum commitment for training is required each week to qualify for this promotion*

www.backintraining.com