

8 WEEK TRANSFORM PROGRAM

BEGINNER/INTERMEDIATE GUIDE TO TRANSFORMING YOUR PHYSIQUE, BUILDING MUSCLE, & GAINING CONFIDENCE !

DETAILS

THIS IS AN 8-WEEK GROUP PROGRAM FOR BOYS INTENDED TO PROVIDE GUIDANCE AND STAGGERING RESULTS.

ONE GROUP TRAINING SESSION IS INCLUDED AT THE BEGINNING AND END OF THE PROGRAM TO HELP ADJUST TO INDIVIDUAL NEEDS, CRITIQUE FORM, AND SPOT MAX OUTS.

THE REST OF THE PROGRAM IS WRITTEN OUT IN A DOWNLOADABLE GUIDE FOR YOU TO COMPLETE ON YOUR OWN.

EACH PARTICIPANT WILL HAVE ACCESS TO A PRIVATE GROUP WITH EXERCISE DEMOS, INDIVIDUAL CHECK-INS, NUTRITION INFORMATION AND RECIPES, AND FEEDBACK ON FORM & QUESTIONS!

CONTEST

AT THE END OF 8 WEEKS, 1 INDIVIDUAL WINNER WILL BE CHOSEN TO WIN A SUPPLEMENT BUNDLE, MASSAGE GUN, + MORE, BASED ON WORK ETHIC, CONSISTENCY, & PROGRESS.

\$60/MEMBERS \$75 NON-MEMBERS

***PROGRAM ONLY OPTION AVAILABLE FOR 18+ \$40**

SYDNEY SUEANNE CERTIFIED NUTRITIONIST AND PERSONAL TRAINER
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