



2012 PERSONAL TRAINING PACKAGES

THE *"IVE OVER INDULGED NOW GET RID OF THE BULGE"* PACKAGES FOR JAN 2012

ALL PACKAGES BELOW INCLUDE:

- THE **"O.N.E PLAN"** MY NUTRITIONAL PLAN, THAT INCLUDES RECIPES, SHOPPING LIST, SUPPLEMENT INFO, HORMONE INFO & LOTS OF GREAT NUTRITIONAL INFO
- FULL KINETIC CHAIN ASSESSMENT AT THE BEGINNING TO ASSESS THE STRUCTURE OF THE BODY
(THIS MUST BE FOLLOWED 100% FOR THE DURATION OF THE TRAINING)
- HOME WORKOUTS (THAT MUST BE COMPLETED AS SET BY JEN)
- DAILY HOMEWORK
- FOOD DIARY (TO BE COMPLETED DAILY & SENT TO JEN WEEKLY)

PERSONAL TRAINING PACKAGES & PRICES

- **BRONZE EXPRESS PACKAGE**
1 PERSONAL TRAINING SESSION A WEEK FOR 4 WEEKS
INCLUDING ALL OF THE ABOVE
TOTAL PRICE = £140
- **SILVER PACKAGE**
2 PERSONAL TRAINING SESSIONS A WEEK FOR 4 WEEKS
INCLUDING ALL OF THE ABOVE
TOTAL PRICE = £280
- **GOLD PACKAGE**
3 PERSONAL TRAINING PACKAGES A WEEK FOR 4 WEEKS
INCLUDING ALL OF THE ABOVE
TOTAL PRICE = £420

FULL 100% COMMITMENT IS REQUIRE FOR ALL PACKAGES.

INTERESTED? CONTACT JEN NOW FOR A FREE CONSULTATION!