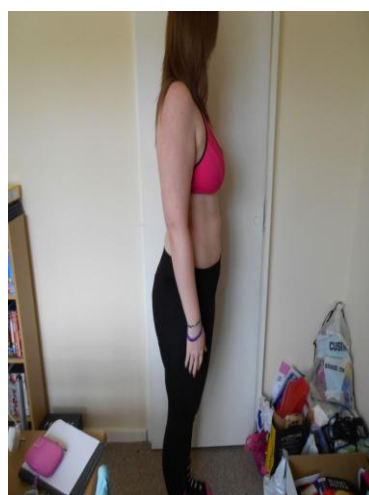
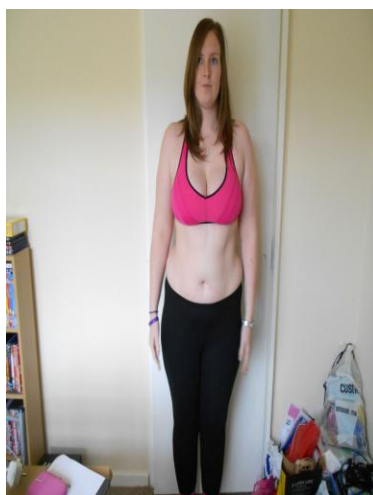
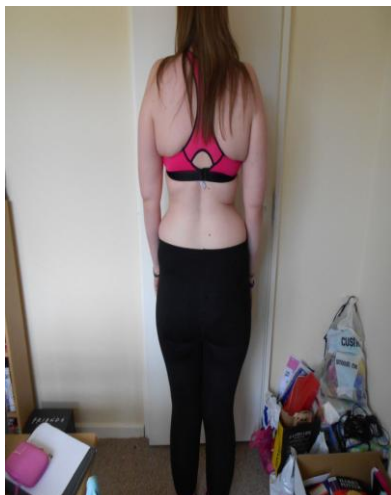


SUPERSTAR LAURA FROM SEPTEMBERS BOOTCAMP LOOK WHAT SHE ACHIEVED IN JUST 4 WEEKS OF BOOTCAMP!!!

So PROUD



HERES WHAT LAURA HAD TO SAY:

"I JOINED ONE BODY FITNESS BOOTCAMP BECAUSE I WANTED TO LOSE WEIGHT, RETURN TO A HAPPY AND HEALTHY LIFESTYLE AND ALSO BECAUSE I AM GETTING MARRIED IN 8 MONTHS TIME. THE FIRST WEEK WAS A SHOCK TO THE SYSTEM BUT AS TIME WENT ON I FOUND MYSELF BECOMING STRONGER AND MORE ENERGETIC THAN I HAD FELT IN A VERY LONG TIME. IT ALSO STARTED TO MAKE ME FEEL VERY POSITIVE IN MYSELF AND PEOPLE AROUND ME WERE NOTICING THE DIFFERENCE TOO. THE NUTRITION PLAN IS GREAT AND REALLY REFRESHING ESPECIALLY IF YOU HAVE BEEN STUCK IN A RUT FOR SO LONG.

THE FOUR WEEKS AT BOOTCAMP FLEW BY BUT EACH MORNING SESSION WAS DEFINITELY WORTH GETTING UP FOR! **By the end of week 4 I had lost 22lbs and 15 inches** and I feel great! IT MUST BE EMPHASIZED TO ALL FUTURE BOOTY GIRLS THAT IF YOU WANT RESULTS YOU HAVE TO FOLLOW THE PLAN 100% AND PUT EVERY EFFORT INTO EACH SESSION! JEN IS A GREAT LEADER, SHE IS ALWAYS THERE WHEN YOU HAVE A QUERY NO MATTER HOW SILLY YOU THINK IT IS AND I WOULD ABSOLUTELY RECOMMEND ONE BODY FITNESS BOOTCAMP TO ANYONE WHO WANT TO IMPROVE THEIR HEALTH AND LIFESTYLE!

I CAN'T WAIT TO START THE NEXT BOOTCAMP!"