

# Norbert's *Quick Weight Loss Program*

## Lose 3 Kilos in 14 Days

Intensive  
Workout



For

Fat  
Loss



### 2 WEEK WEIGHT LOSS PROGRAM



**Norbert's** Fitness Studio

#### FOR THE ADVANCED

| WORKOUT LEVEL | DURATION | TARGET WEIGHT LOSS | WORKOUT PROGRAM  | THE DIET   |
|---------------|----------|--------------------|--|--|
| 1             | 1 WEEK   | 2.5 kg             | <b>TONE UP THOSE MUSCLES</b>   |  |
|               |          |                    | Learn about "Interval Training"- the route to keep fat at bay the practical way. | A protein - rich diet is emphasized during this phase to balance your high-intensity workout and to raise your metabolic rate. |
| 2             | 2 WEEK   | 2.5 kg             | <b>BURN FAT THE PROPER WAY</b>   |  |
|               |          |                    | Experience the "high" of Circuit Training - you'll be back asking for more!      | Monotony in eating is avoided by providing you food combos you scarcely were aware of !!!                                      |

**" Learn how to Turbo - Charge Your Metabolism, Sculpt Your Body, Burn off Fat And Develop Unstoppable Motivation...100% Guarantee.. You'll be *FIT AND HEALTHY* For Life**

**KINDLY NOTE...you can achieve the targeted weight loss ONLY if you are CONSISTENT with your EXERCISE and DIET !**

**Norbert D'Souza**