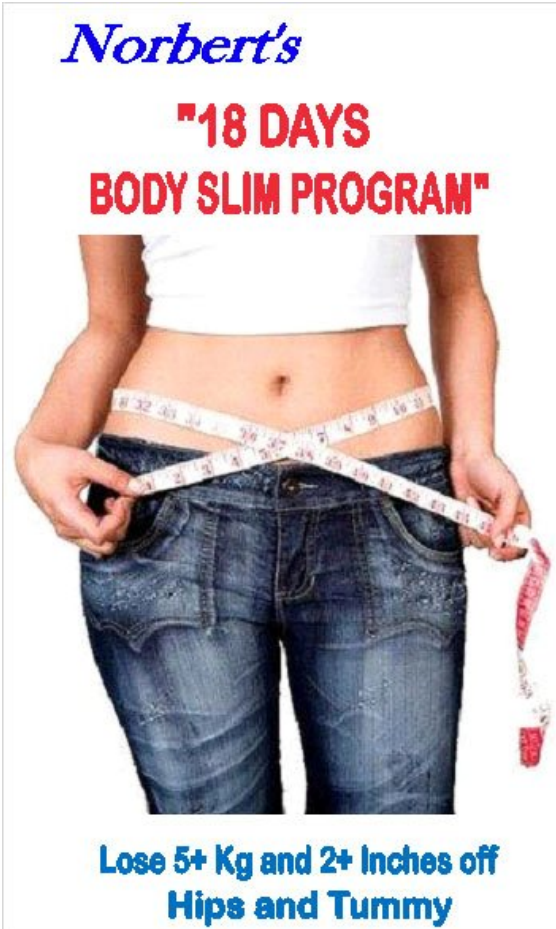


# *Norbert's* fitness Studio

## GET THE FAT OFF FAST!

Have you tried other weight loss programs or the latest fad diet with little or no success? At Norbert's we realize that without the proper guidance and support, losing weight can be a frustrating and sometimes disappointing process. That is why we have put together the "18 day Body Slim Program", so we can provide people just like you with the support and guidance you need to finally lose weight and keep it off once and for all.

If you are ready to create a brand new lifestyle and change your body and life forever this is the program for you! We are prepared to get you ready for the season! We are prepared to get you in the best shape of your life in just 18 days! Are you?



*Norbert's*  
**"18 DAYS  
BODY SLIM PROGRAM"**

**Lose 5+ Kg and 2+ Inches off  
Hips and Tummy**

## NOVEMBER -DECEMBER EVERY YEAR

Total Body Transformation in just 18 days

You can lose between 5 to 6 kg if you apply the program over the next 18 days as it should be done. This program is designed to get the fat off fast and is not intended to be used for more than 18 days. Think of it as your season kick start!

Please note: Results differ due to the nature of an individuals' commitment to the program and individual efforts. This program is not intended for people who are pregnant, have heart disease, diabetes, cancer, bulimia, anorexia or other serious health problem. It is safe for people with high blood pressure and cholesterol issues, pre diabetes, and insulin resistance

This incredible "18 Day Body Slim Program" is designed to kick start you to lose weight. this proven highly effective super charged fat loss program will have you shedding fat fast in as little as 24 hours and dropping multiple clothes sizes in just 18 days.

Personal Fitness Coaching- We will design and coach you through our very own personalized fitness program to ensure maximum results. We will leave no stone unturned to provide you inspiration and guidance as our experienced trainers guarantee you the results.

Nutrition Coaching- This awesome fat stripping program uses real food to smash through resistant fat stores so that in just 18 days you are feeling more incredible and looking the best you have in years! To make this a truly life changing program our nutrition coach will guide and motivate you through this entire process.

Weight Check Ins- To ensure you are on track we will be checking your progress every 4 days.

Anyone can do it-This challenge works for anybody, regardless of your body shape, age, genetically inherited metabolism or your current weight. The program

is personally designed to each individual, so if you're wanting to lose as little as 5kg or anywhere up to 8 kg and over, this is for you.

You'll Be Looking So Hot All Your Friends And Family Members Won't Be Able To  
Stop Talking About How Good You Look!

### RULES AND REGULATIONS FOR PARTICIPANTS

1. Each Participant should be consistent in attending the workout program every day
2. If a Participant is unable to attend the day's workout due to unavoidable circumstances, he/she will have to kindly inform the Personal Trainer assigned to him/her as well as the Program Coordinator regarding his/her absence
3. Participant's weight will be noted every 4 days & a new Diet Plan provided to them
4. All Participants are requested to coordinate and cooperate with their Personal Trainer & Dietitian to ensure optimum results and smooth conduct of the Program
5. The training attire includes a clean pair of training shoes, a T-shirt and a track pant; also carry a (face) towel and a water bottle (optional)
6. Participants should work out within their capacity and comfort zone; dizziness or light headedness or any uneasy feeling while working out should be brought to the immediate notice of the Instructor
7. Consistency in attending and performing the Workout program and following the Diet will ensure you meet your target weight and inch loss
8. The Competition is held in the month of November - December every year