

8 WEEKS BODY TRANSFORMATION PROGRAMME

Lose Weight, Boost Your Metabolism, and Tone Your Body

HIGHLIGHTS OF THE PROGRAMME:

- 8 kg weight loss
- 4-6 inches off your waist
- Firmer arms, legs, thighs and butt
- Increased strength, energy and stamina
- Increased metabolism to burn more fat even at rest
- Tighter, flatter abs which translates into a 'smaller' waist
- 3-6% decrease in body fat
- Look and feel younger
- Fit into old clothes & Look and feel better in your favorite clothes

THE 5 LEVELS OF TRAINING INCLUDE

Strength Training: There are multiple problems when dieting over a prolonged period of time, a slow down of metabolism being one of the biggest drawbacks. This is completely conquered with our well-researched metabolic strength training programme that involves circuit / interval style training geared towards maximum fat loss and strengthening.

Cardio Training: Most cardio training is slow and boring, and generally perceived as being ineffective. Not any more! By changing variables such as intensity, duration and workout timing we have enhanced the fat burning capabilities of cardio training by 200%.

Nutrition: Nutrition is 75% of the Body Transformation Equation! We help you in finding a "smart" nutrition strategy that you can apply to your lifestyle in a way that's manageable. Nutrition has to be in order for the rest to work. By manipulating macronutrient (fat, carbohydrate and protein) rations and by limiting the total calories consumed, we have created a detailed fat loss nutrition plan that will keep the fat falling off you for 8 weeks straight!

Motivational Success Training: The key to getting lean is losing fat WITHOUT losing muscle. Losing weight does not necessarily mean you will achieve a lean body; hence we push you to burn the fat with our secret ingredient - MOTIVATION. Our personal trainers will oversee and motivate you to perform each and every exercise set and rep to complete failure and will ensure you stay on track for the long haul.