

## A New Innovative Way to Train!!!

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- ◆ AT HOME WHILE THE KIDS ARE NAPPING
- ◆ DURING LUNCH AT THE OFFICE
- ◆ WITH MULTIPLE FRIENDS AFTER A LONG DAY AT WORK

All At An  
Unbelievably Low  
Cost!!!

## Results You Can Expect

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- ◆ LOSS OF BODY FAT
- ◆ INCREASED STRENGTH AND ENERGY
- ◆ STRESS REDUCTION AND IMPROVED HEALTH
- ◆ FUN, MOTIVATING WORKOUT



**LIVE, Interactive, Online Personal Training**

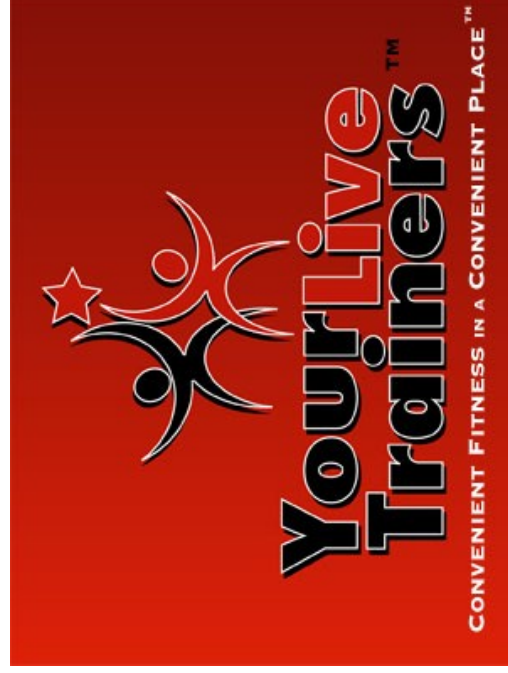
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**LIVE, Interactive,  
Online Personal  
Training**



## How's It Work???

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- ◆ You log into your sessions at home or in the office
- ◆ It's just like watching TV, but now you can communicate back and forth with the person on the other end
- ◆ Your trainer guides you through your live broadcasted sessions by showing you proper form and technique with every exercise
- ◆ No need to plan your own workouts; we do it for you so that all you need to do is follow along
- ◆ With live audio and video, if you ever have a question, just ask
- ◆ Your trainer sees the question in a chat interface and answers the question right there as you both are performing the exercise
- ◆ Essentially, you work out with your trainer as you would in a gym, except now it's in your office or living room

## What's Included???

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- ◆ 3 HALF-HOUR FITNESS TRAINING SESSIONS PER WEEK
- ◆ LIVE INTERACTION WITH TRAINER DURING SESSIONS
- ◆ PERSONALIZED CARDIO PROGRAMS
- ◆ PERSONALIZED NUTRITION GUIDANCE
- ◆ 3 EXERCISE BANDS W/ DIFFERENT RESISTANCE LEVELS
- ◆ 24/7 ACCESS TO ALL THE TOOLS AND FITNESS RESOURCES YOU NEED TO ACHIEVE YOUR FITNESS GOALS
- ◆ CHOOSE FROM 1 MONTH TO 1 YEAR MEMBERSHIPS
- ◆ CHOOSE BETWEEN INDIVIDUAL MEMBERSHIPS OR BUDDY MEMBERSHIPS