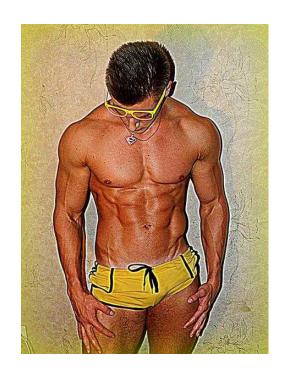


PERSONAL TRAINER



Location East Midlands, Northamptonshire

https://www.freeadsz.co.uk/x-235312-z

PERSONAL NUTRITION PLAN:

HEALTH AND LIFESTYLE CONSULTATION

PERSONALIZED MEAL PLAN PREPARED ESPECIALLY FOR YOU BASED ON:

- -- YOUR BODY TYPE
- -- YOUR LIFESTYLE
- -- THE GOALS YOU WOULD LIKE TO ACCOMPLISH
- -- THE FOODS YOU PREFER

RECOMMENDED GROCERY LIST

RECOMMENDED SUPPLEMENTS (IF U WANT TO USE SUPPLEMENTS)

RECOMMENDATIONS ON CALORIES AND PORTIONS

PERSONAL TRAINING:

THE ULTIMATE TRAINING & NUTRITION PACKAGE

PROGRAM PERSONALLY DESIGNED FOR YOU AND THE RESULTS YOU WOULD LIKE TO ACCOMPLISH.

EXPERT GUIDANCE FROM ME SO YOU KNOW HOW AND WHEN TO TRAIN. PERSONALIZED MEAL PLAN PREPARED ESPECIALLY FOR YOU BASED ON:

- -- YOUR BODY TYPE
- -- YOUR LIFESTYLE
- -- THE GOALS YOU WOULD LIKE TO ACCOMPLISH

