

FREE Transformation Session worth 99 with Horsham039s Number 1 Weight Loss Ex



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-248654-z>



Hi, I'm Matt Bevan, a Personal Trainer based in Horsham, West Sussex. I help men and women in Horsham whip their bodies into shape by creating transformation exercise and nutrition fitness plans, even if they feel that they have a limited schedule, they're busy tending to their families, they're on a shoestring budget or they've reached a stage where they feel that they've tried everything before. Are you: Sick of your clothes not fitting the way that they should (or used to)? Frightened by how fast your formerly toned muscles are melting into flab? Dreading summer because it means wearing shorts, sleeveless tops and swimsuits? Tired of feeling sluggish, irritable, and exhausted all the time? If you've answered 'Yes' to any of those questions then you deserve one of the packages I offer. All you have to do is.... Give Me 60 Minutes and I'll Show You How to Reshape Your Body Permanently... Before This Summer!

During your 60 minute Transformation Session we will: Undertake an analysis of your current body composition Have a workout to understand your current level of fitness Learn exercises that are customised to your body and fitness level to tone and tighten the 5 biggest problem areas most people agonize over: butt, abs, thighs, shoulders and arms Identify your long-term fitness goals (how you'll look and feel in 6 months) and set realistic short-term goals to ensure your path to successâ€ it's time for you to take your first step toward melting that unwanted fat away. And that first step starts with a Free Transformation Session! Just click through, fill in the application and I'll be in touch to talk to you further! <http://www.omifitness.com/#!free-transformation-session>



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