



# Say Goodbye To Long Slow Boring Workouts, And Say Hello To **Fun, Fast, Fat Burning** Workouts That Will Leave You With **Sculpted Toned Arms, Sexy Slim Legs And A Flat Stomach Guaranteed!**

- ✓ You Will Burn Fat While Watching TV & Sleeping
- ✓ Tone & Firm Up Those Unwanted Flabby Bits
- ✓ Reduce Your Waistline So You Will Have An Excuse To Go Shopping
- ✓ Increase Energy Levels
- ✓ Decrease Stress (which keeps you fat)
- ✓ And Have Fun Doing It!

*I have lost a staggering 14.6kg in 10 weeks  
My energy levels have increased, enabling  
me to stay focused longer on the job at  
hand.*

**Nat Woodward**  
**Nurse 38**

*I lost 10kgs in 7 weeks, I am feeling  
healthier than ever, I fit back into my  
favourite pair of shorts.*

**J Harding**  
**Self Employed 40**

*I lost 7kg in 6 weeks, People are already  
noticing the difference, I am finally  
gaining my confidence back*

**Glen Mc Grath**  
**Office Worker 45**

*I have lost 6cm off my waist in 4 weeks,  
I cant believe the difference. I also did  
this all with a broken arm.*

**Alana**  
**Student 20**



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