



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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To register for your FREE try out.