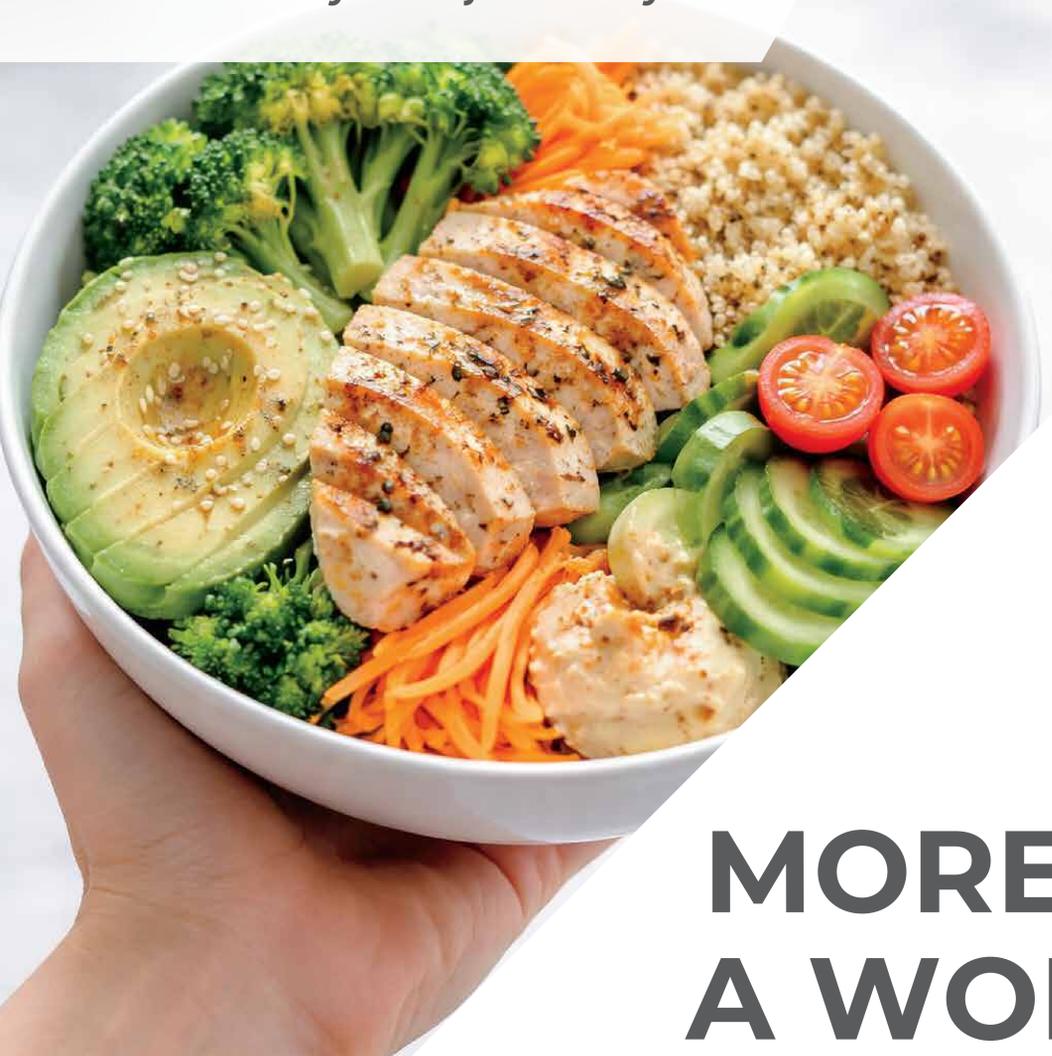


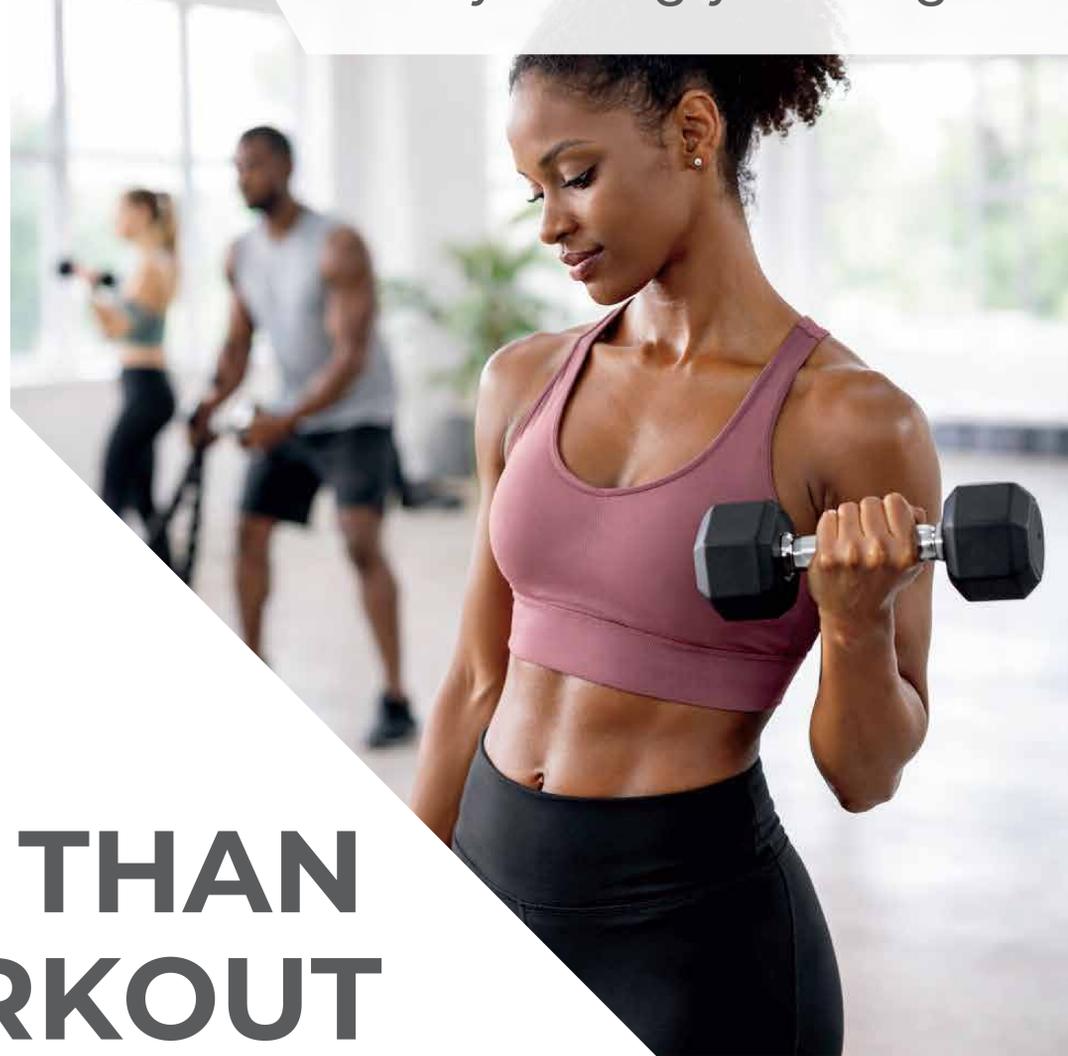
## **NUTRITION**

Fuel for your journey



## **EXERCISE**

Finely tuning your engine



# **MORE THAN A WORKOUT**

Results are Build on Four Essentials



## **SUPPLEMENTS**

Faster results, better health



## **COACHING & ACCOUNTABILITY**

Keeping you on course