



## Fat Loss

### Overview:

Have some weight to lose? Then this program is for you because it has a high caloric demand that will burn energy and get you in shape. Lose 20 pounds in 12 weeks!

### Details:

**Adaptation Phase:** Corrective exercise for improved core stability and muscular balance.  
6 to 8 weeks

An adaptation phase is paramount for building a foundation of strength to build on. Improve your core strength, posture and flexibility, which will in turn help correct muscular imbalances to ensure your body is prepared for further, more dynamic training.

#### Sample Exercises\*:

- Lunges
- Push ups
- Pull ups
- Medicine ball tosses
- Introductory Kettlebell exercises
- Step ups
- Planks and bridging for core stability

**Results Phase:** Hard core training to melt away body fat. 4 to 6 weeks

When your body is ready to really be pushed, we'll introduce the Kettlebell and more compound exercises to melt away excess weight. This phase is characterized by more dynamic movements under heavier loads.

#### Sample Exercises:

- Lunges with weights
- Kettlebell swings
- Squats
- Barbell rows
- Dynamic planks

### Results:

- Improved stability, coordination, balance and strength
- Increase confidence, appearance and presence
- Reduce body weight by 20 lbs\*
- Clothes will fit better!

### Program Price:

- 12 weeks, 3 times per week
- 36 sessions, \$2249 + HST
- Save \$90 with the program package compared to regular training rates!

\*Results will vary

\*All exercises are client dependant. Some exercises will be of benefit to some, but not others depending on the clients' strengths, weaknesses, coordination, balance and flexibility.