

Get on the RIGHT Track Now !

by admin - Saturday, February 11, 2012

<http://www.personal-trainer-dublin.com/89-2/>

Are you on the right track to your goals ?

My guess is that your still doing the same thing over and over again expecting different results each time

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Are you that person doing crunches at the end of their workouts or performing loads of Kurlz expecting your body to sudden transform ?

Gues what your wasting your time without a structured and effect program and nutrion plan you will pretty much get no where.

If you simply go to the gym to get “fit” by running on a treadmill for 30-40 Min's then crack on as that's all your doing . Getting fit DOESN'T mean getting lean

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On the 3rd of March I will be offering my P&A package for a discounted price of

€97

I have 10 Spaces so first come first served

I will customize your program to suit your goals . You will not receive a one fits all program that most gym give to you. My programs will be tailored for you and will include nutritional guidelines of what to eat and when . (Not a stupid food pyramid)

Not only this ,but you will receive a full assessment including body-fat measurement and body measurements .

You will be shown step by step every exercise in your program so you know exactly what to do and how to do it correctly .

Not only this ,but you will receive a 6 week follow up assessment to see how much you have progressed

All this for €97 !!!

Spaces are limited to the first 10 People . You will have the option of a female trainer and male trainer ,but I will be writing all the programs .

Don't waste your valuable time doing the wrong stuff . Get a program Get some structure and Get some RESULTS !!!!

SUMMARY

- **Customized Program**
- **Nutrition**
- **Assessment**
- **Full Demonstration of exercises**
- **Technique**
- **Results .**

SIGN UP TO GUARENTEE YOUR PLACE

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