

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

Email – Jay.ABS@live.ie

Phone 0851969461

PDF generated by Kalin's PDF Creation Station