

239-596-6200

# FFC'S BIGGEST LISER(S) "BUDDY-BATTLE"

October 21— December 2

## Details:



- Teams of 2
- Up to 5x/week training (2 pricing options available)
- Measurements & Before/After Photos
- REQUIRED weekly weight/steps accountability
- Weekly fat loss tips

- 2 Extra Buddy Workouts (videos)
- 2 10-minute "Time Crunch" Workouts (videos)
- Carb-Rotation Guide, Shopping list
- + \*10 Bonus Easy Freezer Crock Pot Recipes\*
- -Unlimited email support



**TEAM WITH HIGHEST % FAT LOSS WINS!!**

**\*\*WINNERS RECEIVE 1 HOUR MASSAGE + A NEW, LEAN BODY :- ) !!**