

MEN POWER!!!

t/th 6-7am @ Team Fit

\$60.00



Have you become bored out of your mind with *fancy-schmancy fitness clubs* and gyms that are jam packed with useless cardio equipment and spandex-wearing pansies that attend the Jazzercise classes?

Let's face it... you simply want to **lose your gut**, build some lean, **rock solid muscles**, increase your energy, self-confidence, and heck - even **boost your sex drive!**

You want to play flag football with 'the boys' and **maintain your stamina**, you want to chase your kids in the yard without feeling drained in 5 minutes, you want to feel like a stud when you **take your shirt off at the beach** and most of all you want to maintain your health and strength (*after all without it what good are you to your loved-ones or family?*)

Well... If **any** of the above sounds like you, then you are ready for our...

MEN'S FITNESS BOOT CAMP

Here's what your 4 week membership will yield you:

Construct Rock Solid Muscles. It never fails to amaze me how many people spend hours in the gym, for months or even years, and never experience the physical gains that they are striving for. Now you will learn what 95% of these poor folks are doing wrong... and how to be among the 5% that achieve incredible strength and fitness gains.

Lose Body Fat, Permanently. How many people do you know that have lost weight only to gain it back... and a few more to-boot?! Discover the little known secrets that allow you to enjoy real food while burning off fat and keeping it off, forever!

Maintain Electrifying Energy. Long gone are the days when you could just jump out of bed in the morning, throw on some sneakers and be ready for a full day of excitement. Your energy level just isn't what it used to be. You can blame the fact that you need 4 cups of coffee to "get going" every day on the - poor, "*I'm getting old*" excuse... or you can do something about it!

Spicing it Up! Todd uses a variety of equipment so there is less time for plateau and more time for muscle confusion. TRX Suspension Trainers, heavy boxing bags, spinning bikes, 8 foot hockey slide boards and much more are incorporated week to week.

Protein Supplements. Stocked and ready for purchase to further your results in quicker time. Discounted price for Men Power: \$25.00 for 2lb bulk container. 9 yummy flavors with no after taste!

Join Today!

Team Fit (586) 709-2194

Hosted By: Todd Limback