

# PLATINUM 12 WEEK PLAN

## THE ULTIMATE 12 WEEK PLAN

4 sessions per week for 12 weeks (48 sessions)

3 months gym membership at GRAFTHAUS gym  
UNLIMITED USE OF THE GYM OUTSIDE OUR SESSIONS

3, FIT3d full body scans

Full Nutrition consultation and support (Calories, protein amount, suggested supplementation protocol)

Programme changed as required to reflect progress

Cooks books with 120 recipes (calorie and macro counted)

Weekly accountability check in

All sessions will take place at GRAFTHAUS gym in Leeds

**Payable as 1 instalment of £1850**

**Or 4 Instalments of £475**

### IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**

