

QUICK START 4 WEEK PLAN

This plan is a great starting point for any new gym goers and at the same time can be tailored for more seasoned gym goers who require some form of direction, accountability and education to take them to the next level

You will receive **5 sessions** 1 of which is nutrition theory and 'classroom' based

The Plan includes;

- 4 Gym based sessions
- 1 Nutrition session
- Use of Team T app
- 4 Cook books
- Suite of nutrition resources
- Plan for use upon completion of the 4 week block

This plan has no long term commitment which makes it ideal for those wanting to 'go it alone' as soon as possible.

Payable as 1 instalment of £225

IMPORTANT

**MUST BE COMPLETED WITHIN 5 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 5 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED AS
SUCH**

