











Body Buff 12 Week Package





Obtain the bigger stronger body you have always desired. Increase strength, power, size and mass and enjoy the feelings of extreme confidence.



Package Consists Of

-  1 free trial session (Optional)
-  24 x 45 minute personal training sessions (* 2 per week)
-  * 2 custom resistance based training sessions per week
-  Multiple custom designed workouts for at home or gym
-  Body weigh in and measurements (Optional)
-  1 food/training diary
-  In depth nutrition guidance and constant monitoring
-  Anytime support on nutrition, training & motivation

Requirements

-  2 sessions per week. Sessions can be held over holiday periods if required. Terms and conditions apply.
-  Sessions are pre organised for day/s and time/s that suit. Can be changed with enough notice.

Payment Options

-  Weekly or fortnightly by direct debit
-  Advanced upfront payment

Contact

To schedule your free trial session contact Energised Personal Training

Land line: 03 9264 381 Cell: 022 1667 793 Email: info@energisedpt.co.nz

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