



Cover Model Transformation Challenge: What You Will Receive

Advanced Level Weekly Group Coaching Calls

This is the power source for your transformation. This is what sets us apart from most online coaching programs where they might just give you a program with no check in until you receive the next one 4 or 6 weeks later. By having weekly group coaching calls with us we will ensure no stone is left unturned and you completely understand your training, nutrition & lifestyle program. You will stay accountable and true to your program giving you the end result your after.

Complete Day-By-Day, Step-By-Step Training Program Videos Through Our Membership Site

You'll learn advanced techniques guaranteed to smash your plateaus and go beyond what you thought was your genetic threshold. Again were not going to give you a piece of paper saying do a squat, do a bench press etc, we've actually filmed the training sessions with instruction of how we want you to perform each lift get the best results possible. We've found that so many guys in the gym don't really know how to lift properly so by having these training videos your going to understand the benefits to doing the exercise right, greatly reduce injury and get the most bang for your buck when your in the gym

Your Personal No BS Shredding Nutrition Plan

You see when it comes to nutrition there is no one size fits all nutrition plan. Everyone has different targets and everyone has a different body type. What we give you following an extensive nutrition assessment is your tailored nutrition program so you have a rock solid plan of attack.

Weekly Shredded Physique Shopping List

Know exactly what to put in your trolley to achieve your ultimate physique.

Advanced Level Supplementation Plan

Helping you shred body fat, increase muscle mass and experiencing next level energy levels our supplementation plan is the 'icing on the cake' for your ultimate physique. No highly marketed BS supplements here. We will explain what your body is missing and base your supplement plan on your specific goals.

Nutrition & Training Diaries

E-book exercise and nutrition diaries that enable you to record and track your progress on a weekly basis. A great tool to keep you accountable in achieving your targets and bounce back and forth with your coach.

24hour Email Support and Contact with your Coach

Don't wait for the weekly coaching calls if you have a question, get on the e-mail and we will answer it ASAP. We want to give you as much support as possible to ensure you keep moving forward.

Professional 'After' Photographic Package Discount

This program guarantees to give your best physique ever. This is defiantly worth capturing on camera and we will give you an awesome discount so your friends and family can see what an inspiration you are.

(Go Back to Sales Close)