



**FREE**

4 WEEK  
GROUP FITNESS  
\*CURRUMBIN  
\*BYRON BAY

# Burn'N'Blitz BOOTCAMP

[www.myokinetic.com.au](http://www.myokinetic.com.au)



**FREE**

## **Burn'N'Blitz BOOTCAMP**

Not achieving the results you want? Can't find the time to train? Are you looking to do some pre event high intensity training. HERE IS YOUR SOLUTION! Forget Boot Camps!! That is so last decade. If you want results that matter then the **Burn'N' Blitz** program is for you. A fitness program like no other.

Well done and welcome to the greatest "Free" Boot camp.

**A 4 week Burn N Blitz program is normally valued at \$180.00. That is 12 sessions at \$15.00 per session. We have gone a little crazy and decided to offer this for FREE. Not \$180.00 but FREE!!**

There are a couple of things I would like to give to you in addition to this:

1. 1 x free 1/2 hour massage during the 4 week boot camp
2. A Fat burners secret guide to blasting your fat away
3. A stretch program to make you stronger than you have ever been in your life

There are a couple of rules for the Free Burn N Blitz Boot camp.

1. You must be committed 100% to getting results
2. You must attend each session. No excuses
3. Yes we will be training in wet weather
4. I am committed to you so I ask in return you commit to the 4 week Burn N Blitz program. If you do not turn up for a session we have your authority to charge you \$20.00 for the session you missed. Your credit card details are required to confirm your spot in the 4 week program. After all it is free if you turn up. Fair deal?

These are the rules. NO EXCEPTIONS. If you do not like the rules don't register. **In a 4 week boot camp you can expect to lose from 2-8kg of body fat.** Wouldn't that be great? Use the contact us section on the home page and we will contact you by telephone to secure your place.

**Go to our website to book your place NOW!**

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