

# 16 week

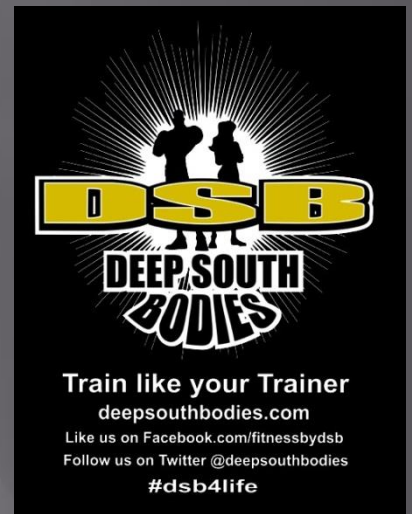
# DSB4Life

# INTENSE BODY TRANSFORMATION

## Transform your body in 16 weeks...

✓ **START DAY ONE OF YOUR 16 WEEKS TODAY!**

- ✓ Six meals per day Nutrition Regimen (M, T, W, F & Sat)
- ✓ Training regimen by e-mail (M, T, W, F & Sat)
- ✓ Plus two group training sessions
- ✓ Bi-weekly weigh-ins
- ✓ Body Fat Percentages & Body Mass Index Readings
- ✓ Train-Like-Your-Trainer DVD



## \$300 per month\*

- ✓ Experience ultimate weight loss
  - ✓ Full body conditioning
  - ✓ Change your life and appearance
  - ✓ Become a new you in just four months!
- jamesbaldwin@deepsouthbodies.com

**Sign-up today!**

Contact: James Baldwin

205-218-6713



*Two additional training sessions per week if you take advantage of this offer!!*

\* Must sign a non-disclosure agreement.

\* Must be paid in full each month to receive weekly nutrition and training regimens.

