



Getting started can often be the hardest thing. We are bombarded with what we should eat and what exercises we should be doing and it can be so overwhelming and daunting. That's where I come in. I will help you take back control of your life and reach your fabulous goals. This is the ultimate program where I will be with you every step of the way and show you simple and effective strategies to help you lose your weight and keep it off FOREVER!

The Ultimate VIP Package is for the person who...

- Is looking for the ultimate weight loss and lifestyle solution;
- Wants constant motivation and accountability;
- Is driven and MUST achieve results;
- Is looking for a mentor who has been there, understands where you're coming from and has helped others achieve the results you want!
- Is sick of yo-yo diets where you lose weight & put it all back on (again and again) 😞
- Doesn't want to feel guilty about eating yummy foods (Yes you can still eat chocolate!)
- Has tried it all before and become so overwhelmed they don't know where to start;
- Wants to feel good about themselves again. No longer wants to feel self-conscious, depressed or feeling like you've failed again;
- Would like their energy levels back. Yes you can feel motivated and energised!
- Wants their body back – tone up and drop those kilograms!
- Is looking for more than just "sweat sessions"
- Wants to keep all the weight you lose off – FOREVER!

What you receive:

12 weeks of Personal Training that will inspire and motivate you to get the body you've always wanted. Sessions are 3 times a week for 45 minutes (total of 40 sessions!)

Includes FOUR Personal Coaching Sessions to dig deeper into what you need! That'll you're your lifestyle, your body and importantly what you enjoy! This isn't a cookie cutter approach! *(These sessions can be used as PT sessions and talk during the workout or we can sit down and come up with a detailed plan for you!)*

Total Value: \$3360

Pay upfront and only pay: \$2600

or 3 x Monthly Instalments of \$1120



Read what her clients have to say...

"I've been doing personal training with Amanda for approximately 6 months, and I can honestly say she is like no other Personal Trainer I've been to in the past. What separates Amanda from other personal trainers is that her approach is not just about how you look.

She will accommodate her training and recommendations to whatever you require, whether that's to lose weight quickly or over long term, build muscle and strength, increase fitness levels, improve eating habits or all of the above. Whatever the need, she can accommodate.

My experience has been quite a life changing experience both physically and mentally. When I first started with Amanda, I was so unfit, overweight, exhausted, my eating habits were erratic and I was smoking like a chimney. I was so tired and unhappy in how I looked and felt. But Amanda, don't ask me how, knows my capabilities both physically and mentally better than I do. She knows exactly when to push me and how far to go. 6 months on and I'm well on my way to where I want to get to, and I will be honest in saying, if I'm feeling this good already, how good am I going to feel once I get to my goal????!!

So if you're considering taking up Amanda's offer for personal training, I would, without a doubt, highly recommend her.. In fact I would encourage you too!"

**This program will change your life! I believe that together we can make it happen...
So what are you waiting for?**

Order Form Payment Details:

Payment Upfront: \$2600 OR Monthly Instalments 3 x \$1120

Please select which option you will be choosing:

- I will transfer \$_____ to BSB: 633 000, Acc No: 1225 95036 Reference: Your Name
- I will be making a cash payment of \$_____ prior to of our first training session.
- I will make payment of \$_____ via a PayPal Invoice (prior to our first session)

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: _____

Email: _____

Cancellation policy: If you chose to terminate your package early there will be a \$100 cancellation fee.