



Attention, limited spots available:

Hey, Michael here from Michael's Wellness Center! While working with a few of my fitness training clients, I stumbled upon a faster way to burn belly fat and to flatten your abs. So I decided to test out my new fitness discovery with a beta test group. And that's where you come in because I'm only taking on 10 people for this 28 day program and I'm charging a fraction of what I normally charge for my training programs.

- I'm calling it the "28 Day Flat Belly Formula"
- The entire program is only going to be 28 days long (with an option to continue)
- I'm going to provide you with a done for you meal plan crafted to help you increase your metabolism and burn more fat. (This is NOT a diet, it's a 28-day modified meal plan where all you have to do is read it, and eat it.)
- You'll need to work out with me 3-5 times per week in a group setting during the 28 day program.
- The workouts will be challenging, even hard at times, but never impossible. And you'll always have motivation and accountability from me and the rest of the group.
- Here's the best part... even though we're going to work on burning belly fat and flattening and defining your abs, we're not going to do a single crunch or sit up. (imagine that, a sexy mid section and a flat belly without doing traditional ab exercises).
- At the end of the 28 days you should see weight loss of 12-19 pounds and flatter, more defined mid section. (you'll probably drop a clothes size or two)
- The program starts this coming Monday, May 2nd
- Our sessions are on Monday, Wednesday, and Friday at either 9 a.m., 4, 5, 6, or 7 p.m. and Saturdays we offer a bonus session at 9:00 a.m.
- This also includes full access to our fitness studio, where we encourage you to do a cardio workout on your days when you're not in group sessions.

Now, typically my clients pay around \$247/month or more to get personal training from me. But since this is going to be the first time (beta group) that I try out this program on "non-clients" I'm going to only charge **\$99 bucks** for the entire 28 day flat belly training program AND meal plan.

Spots in this program are limited, so be sure to contact us right away to secure your spot!

Michael's Wellness Center

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