

Kelley's Bootcamp FOR WOMEN



**Do you want to be healthier in 2018?
Do you want to look and feel incredible?**

YOU CAN DO IT!

**RESET and
RECHARGE
in 8 Weeks!**

**January Calendar
with daily KBC
activities to keep
you engaged.**

**SPECIAL DEAL
only \$89**

contact Kelley
to get started
kellelytyan21@gmail.com

**Gift
Certificates
Available!**

This amazing program includes my secrets to maximum fat burning! Here is what you will receive and learn through this program:

- Nutrition plan with focuses on carb cycling
- Intermittent fasting for maximum fat burning
- Clean recipes and desserts
- Step by step workout videos and demos for proper form
- Proven short HIIT workouts to boost metabolism and fat burning up to 48 hours after
- Key legs and booty work that ALL women need to do
- Private Facebook page for sharing and accountability
- Phone Q and A with the whole tribe
- Prizes for those most engaged and for most weight loss