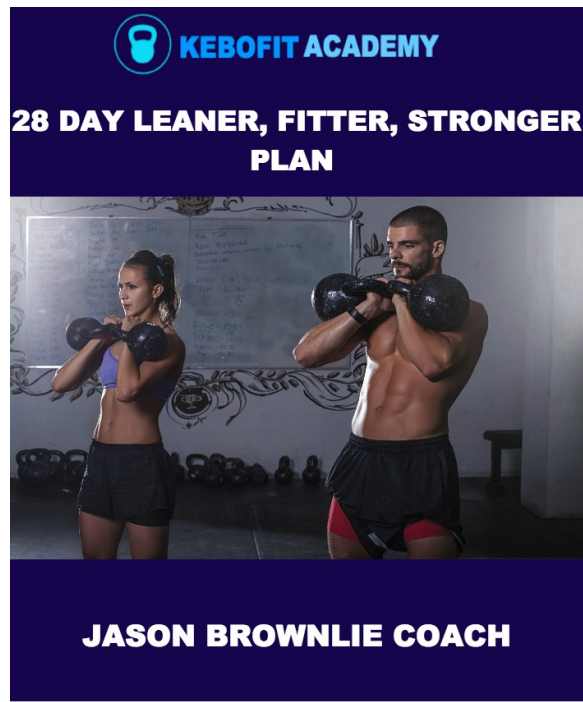


The KEBOFIT Academy  
Phase Two



**28 Day 'Leaner, Fitter, Stronger' Plan:**

Phase one is all about building some foundation strength using just bodyweight workouts.

Phase two we bring a kettlebell to the party.

Over 4 weeks you will continue to build on your foundation strength, fat loss and body shaping goals with non-technical kettlebell workouts (*which means, you will use this phase purely to get used to handling a kettlebell*).

You will be given 4 workouts per week as well as receive your daily coaching and support.

At the end of each week I will check in with you to find out how your week has gone and answer any questions you may have.

You will then receive your link to activate the next week of workouts and coaching.

This phase sets you up for phase three.