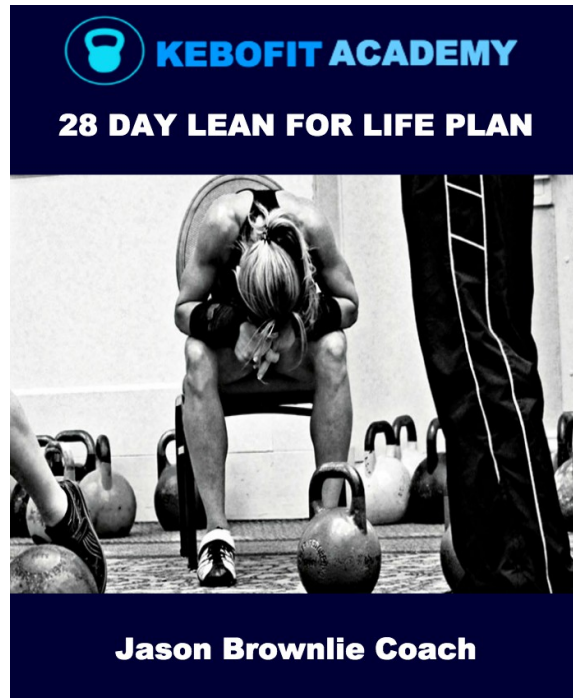


The KEBOFIT Academy
Phase Four



28 Day 'Lean For Life' Plan:

Phase four....

The final and most challenging phase of the KEBOfit Academy.

I want to make sure you go out on a high and be proud of what you have achieved.

You will receive 5 x kettlebell & bodyweight workouts per week alongside your coaching and support emails (5th workout is optional).

Every 7 days, I will check in with you to find out how the week has been, how you've found the workouts and how things are going with your nutrition etc.

I will then give you the link to activate the next week of workouts.

At the end of phase four you will feel accomplished and will leave with:

- A new skill (kettlebell training)
- A better knowledge of nutrition
- Improved body shape
- More energy
- Improved self confidence
- A leaner, slimmer and defined body shape

The list of benefits goes on and on.

ALL graduates of the KEBOfit Academy will receive 'THE WELL EARNED' black Academy t-shirt.