



Do you currently exercise and/or have a good diet, yet you feel like something is missing? Perhaps you're not getting the results you want?

Maybe you're not getting results as quickly as you'd like, you're worried you want stay on track, or you're second guessing yourself!

Or you might just curious about how fit you can get and how far you can be pushed!

This package will answer all of those questions for you. It is designed for the accomplished client, someone that's already got it together but wants that extra edge.

This package will give you the extra accountability, answers and the fantastic workouts that you're looking for.

The Bronze Package is for the person who...

- Is exercising on a regular basis and looking for effective ways to get results;
- Can train on their own but looking for that extra level of accountability;
- Wants to learn how they can make this a lifestyle & maintain their results forever;
- Wants to know what their true potential is;
- Is a go-getter and self-motivated;
- Wants to be pushed hard so they can use it as a guide for their own workouts;
- Is already on track but wants to fine tune their diet or training;
- Wants more energy and to tone up
- Is looking for accountability, support & motivation to stay on track;
- Wants to look their best for an upcoming event or function!
- Or perhaps you're not sure if PT is for you but committed to trying and want help!

What you receive:

Sessions are once a week* for 45 minutes (Total of 12 sessions)

** (Please know that I am really flexible with how/when the 12 sessions are used. I realise that life happens even with the best intentions. We can discuss this more in person 😊)*

12 weeks of Personal Training that will inspire and motivate you to get the body you've always wanted. During the sessions we'll discuss your week, talk about accountability & set a plan for each week. I'll also be sharing different tools, techniques, discussing mindset and using my 12 years of expertise to help you stay on track and achieve the results you crave!

Total Value: \$1080

Pay upfront and only pay: \$840

or 3 x Monthly Instalments of \$360



Read what her clients have to say...

"Your positive & energetic training style has helped me stay motivated & achieve fantastic results. With Amanda's help my fitness, self-esteem and confidence has improve 100%!"

"Amanda your enthusiasm and friendly approach make it really fun. Even when I'm about to fall over with exhaustion you keep it light hearted but also keep me focussed on improving my fitness. "

"I weighed in today and literally cried, I'm 11.4 kg lighter! And 57 cm smaller to! I've never been so happy with my hard work before. I just wanted to let you know that my mind is right, my heart and determination are up and kicking goals like this makes me sooo incredibly happy!!

Thank you so much for being such a beautiful support."

"I wanted to give you some feedback. I've been working with another trainer and I don't think I'm going to finish, it's not working for me. She's lovely but is a "just stop eating this stuff" and "how you should just cut out stuff" and blah blah blah. It made me appreciate more how you talk to us in a realistic way. About real struggles and achievements that normal people go through. Not just a go do this and you will be awesome. You talk about setting yourself habits or patterns that are small steps that are achievable and working up to the big picture. So just to reiterate you are brilliant!"

This program will give you the edge! It'll give you the answers you've been looking for and push you to new limits. Don't wait, make it happen!

Order Form Payment Details:

Payment Upfront: \$840 OR Monthly Instalments 3 x \$360 [for 12 PT Sessions for 45mins]

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.