

KC ATHLETIC

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Semi Private

SEMI PRIVATE FAT LOSS AND STRENGTH TRAINING

This 12 Week Fat Loss and Strength Program is designed with a target goal of 12 pounds in 12 weeks, and is a small group shared training session with up to 4 other like minded athletes. A low cost and effective way to personal training without the big price tag.

\$900

INCLUDED IN TRAINING

- 2 Weekly In Person 30min Training Sessions : Get Strong as a Mother with this periodized style training that keeps your metabolism moving each week, hypertrophy, strength, power and endurance session to strategically prevent your body from a plateau
 - 28 Day Total Body Cleanup Challenge: Challenge yourself nutritionally with this 4 week mindful eating and elimination nutrition challenge. Each week builds on itself as you find new healthy way to incorporate more protein for building muscle and reducing cravings, incorporating complex carbs rather than simple carbohydrates and more.
 - Weekly Accountability Tracker and Check In
 - Six 3Body Scans to Track Progress
 - Postural Strength Analysis and personalized body alignment warmup series
 - **Required 12 week commitment- Let's be real, you won't commit to change unless you have a little skin in the game!**
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