



*Elevate Your Fitness Potential*

**RAMD**





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# **RAM**P

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## HERMES

Brace yourself for a heart-pounding fusion of free weight training and invigorating cardio bursts that will set your metabolism ablaze. Get ready to triumph over adversity while protecting yourself against the ill effects of metabolic diseases!



*Recommended Meal Plan*

**40-30-30**

## MICHELANGELO

This divine routine is masterfully designed to chisel your form into a state of godlike perfection, without excessive muscle bulk. Embrace the power of the gods and unlock a body that will command attention, admiration, and reverence from mortals and immortals alike!



*Recommended Meal Plan*

**40-30-30**  
**Beach Body**

## HELIOS

Prepare yourself for a phenomenal routine that will sculpt your muscles into a beach-worthy masterpiece! Meticulously designed to ensure you look absolutely stunning whether you're soaking up the sun at the beach, lounging by the pool, or making a stylish entrance anywhere you go!



*Recommended Meal Plan*

**40-30-30**  
**Beach Body**

## GLADIATOR

This extraordinary program is the perfect starting point for aspiring athletes, providing a solid foundation for those looking to achieve optimal results. This routine strikes the perfect muscular balance, and resistance carefully calibrated to promote muscle growth and enhance athletic performance!



*Recommended Meal Plan*

**50-30-20**



## HYPER BLITZ

This mind-blowing routine acts as the ultimate bridge from circuit training to split routines, unlocking the secret to achieving a lean, sculpted physique that will have heads turning wherever you go!

**40-30-30**  
**Beach Body**

*Recommended Meal Plan*



## CARDIO CRUSH

The Cardio Crush workout is your ticket to a whole new level of vitality. By seamlessly interlacing weight training with high-energy cardio, we've designed a totally effective circuit that reverses Type II diabetes and metabolic syndrome for better, vibrant health!

**40-30-30**

*Recommended Meal Plan*



## OSTEO BLAST

Get ready for an exhilarating workout designed specifically for those facing bone issues like Osteopenia and Osteoporosis! This incredible program delivers the perfect intensity to not only reverse bone loss but also turbocharge your metabolism!

**40-30-30**

*Recommended Meal Plan*



## METABOLIC BOOST

This regimen will give you an exhilarating workout designed to supercharge your fitness journey. Get ready to unleash your inner dynamo as you get acclimated into our cutting-edge fitness center. The best part...it only takes 30-minutes!

**40-30-30**

*Recommended Meal Plan*

