

1 Month Weight Loss Challenge



30 Minute a Day Training
Programme Plus Induction
and Weekly Review



Featuring the revolutionary Power
Plate to speed up toning and calorie burn
Also Cross Trainers, treadmill and
rowers to improve fitness!

Weekly Schedule:

Day 1- 10 minutes each on
Cross Trainer, Rowing Machine and
Power Plate

Day 2- 20 minutes run/walk on the
Treadmill and 10 minutes on the
Power Plate

Day 3- 20minutes on the Motion Trainer
And 10 minutes on the Power Plate

Continue to repeat days 1-3

