



Custom Fitness Program

Whether you workout from Home, or belong to a Gym, we design easy to follow, highly-effective, Personal Fitness Programs to get results. Your custom program will last for 30 or 60 days and includes illustrated exercises, detailed descriptions and tracking grids to document your progress.

*“Having a set routine takes the guesswork out of your program
and email support keeps you accountable.”*

Your Custom Program is designed around:

- Your Goals
- Available Time
- Limitations/Injuries
- Equipment available (Home or Gym)

30-Day Home or Gym Program includes:

- FREE Virtual Consult
- PDF custom illustrated program
- Weekly Follow-up emails
- \$149 VALUE

Includes Personalized:

- Illustrated Strength Training Routine
- Progress Tracking Grids
- Flexibility Chart
- Cardio Grid
- 30-day Email Support

More Info: made2movefitness.com/personal-fitness-program/

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