

*MaryAnnPT* brings you

# The Summer Body Shred Program 2021

*“Be the best version of you that you can be.  
No excuses.”*

[www.maryannpt.com](http://www.maryannpt.com)



**An 8 week specialised course engineered to:-**

- \*blitz body fat**
- \*build lean muscle**
- \*increase strength**
- \*increase flexibility**
- \*increase mental focus**
- \*reduce stress and anxiety**
- \*boost energy levels**
- \*increase motivation and drive**
- \*bring balance to body and mind**
- \*promote positive mental attitude**
- \*increase confidence and self esteem**
- \*aid restful sleep**

## **Welcome to Body Shred 2021- transforming not just your body, but your mental attitude**

This is a functional course, created from many years experience as a PT and high Performance Coach, working in elite sport-specific training, where an exceptional understanding of body biomechanics forms the backbone to every athlete's success. Combining this wealth of knowledge with a lifetime of passion for eating healthy and being active, saw the founding of my Body Shred Program.

This intensive eight-week course will be delivered online via video link, dropping workouts into your inbox every week, allowing you to do the videos in your own time, from the comfort of your own home. Each class is 30 mins long, specially designed to fit neatly into your busy schedule, to aid balance of both body and mind to boost fat loss and gain lean muscle. Classes are progressive, and designed for all abilities, with clients working within their limitations, but also being driven to push their own boundaries and expectations. With this naturally comes a desire to better oneself, to push harder in every aspect of one's life, and to refuse to accept mediocrity. The result is not just a stronger and healthier body, but a stronger and healthier mindset too.

Fitness is very much a personal journey- all I ask is that you are committed, open and willing to work hard and not be afraid- remembering that failure is only ever possible if you give up!

### **Nutrition Blueprint**

You will receive your very own copy of my nutrition blueprint. In this you will find nutrition guidance, food ideas, tips, and find a structure that you can work around and take with you for the rest of your life. I do not believe in diets or quick fix fat loss fads- but I do believe in a healthy, positive attitude to food in nurturing and caring for your body to allow it to perform to its optimum.

My nutrition guide will help you understand the key concepts of eating well, whether you are vegan or eat anything- it will help you to make long-term changes for a healthier life- not just now, but in the years to come.

## **Cost & Membership options**

### **Membership\* - £120 per month**

#### **What is included:**

- \* 32 classes- x 4 per week, delivered to your inbox to do in your own time to fit around your schedule
- \* nutrition blueprint full of important tips and guidance
- \* access to my private Facebook group to share tips and motivation with others
- \* weekly email check in for accountability

### **Pro membership\*- £160 per month**

#### **What is included:**

As above plus

- \*4x yoga classes per month
- \*Personal check in twice weekly for accountability
- \*Ongoing support access

### **Platinum membership\*- £200 per month**

#### **What is included:**

As above plus

- \*One on one coaching
- \*Personalised Nutrition analysis and support
- \*Bonus care package

Note all membership pricing is over 2 months and is not an ongoing subscription\*

**What you will need for each class:-**

\*yoga mat (the sticky thinner kind, not the thick padded camping ones that slip!)

\*comfortable gym clothes

\*ipad/laptop/phone with internet connection

\*cushion or blanket for support

\*water bottle

\*towel (I will make you sweat!)

**2021 confirmed dates:**

1st March 2021

3rd May 2021

5th July 2021

Please do feel free to get in touch should you have any questions at any time. Good luck in your application to Summer Body Shred 2021- I can't wait to get started with you on your fitness journey!

Healthy wishes,

*Mary Ann*

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