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Fitness Bootcamps

**LOSE WEIGHT,
TONE MUSCLE,
BUILD ENDURANCE**

February 2010

21 DAYS

**TO A HEALTHIER,
MORE-FIT LIFESTYLE**

**NUTRITION, CARDIO,
RESISTANCE
THE THREE TENETS OF
TOTAL FITNESS**

**7-WEEK PROGRAM
UNDER \$100**

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LOSE WEIGHT - BUILD MUSCLE - GAIN ENDURANCE

LdC Training | \$25 value coupon

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when you refer a friend who signs up for their first Fitness
Bootcamp or LdC Training Seminar (\$25 value. Not redeemable for cash.)

www.LdC Training.org (760) 224-6115 exp. 6/1/2010

