



Actual Client

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BROUGHT TO YOU BY COACH TRUET

“DROP A SIZE CHALLENGE” IN 30 DAYS!

GUARANTEED TO LOSE 1 DRESS SIZE OR 1 PANTS SIZE IN 1 MONTH

Only \$79.00 for Members (non-members \$109*)

Truet's Amazing Program Includes:

- Easy to follow meal plan template with food exchange lists
- Individual calorie, macro-nutrient, water intake calculations
- Structured strength training programs
- Structured aerobic/anaerobic training programs
- Twelve (12) body weight home workouts
- Weekly body composition measurements

Information: Truet E. Purnell, tepurnell@gmail.com

*Includes one month membership to our gym during the Challenge

COACH TRUET



JOIN TODAY!

410-823-2500

WWW.COPPERMINEFITNESS.COM