

BRAND NEW PROGRAM!

HAPPY FATHER'S DAY! This may be the perfect new workout for YOU!



SHIFTTM
SHOP

- GET IN PEAK SHAPE
- 3 WEEKS
- 25-45 MIN WORKOUTS
- NEW WORKOUTS EACH WEEK
- NUTRITION GUIDE
- NASM CERTIFIED TRAINER
- MODIFICATIONS FOR EVERY WORKOUT.
- MOTIVATION-MINDSET-FITNESS-NUTRITION.
- RAMP UP YOUR RESULTS OR START FRESH.

Alethiatruefit.com



JULY is COMING and SO is a NEW PROGRAM called SHIFT SHOP!!! We have an all new and an all new program! This will get you into TIP TOP shape in just 3 weeks! The workouts are all under 45 minutes, there is a new nutrition guide and modifications for every workout. Tomorrow, anyone with Beachboy ALL ACCESS ON DEMAND will get a SNEAK PEEK into the workout. Watch for my live video tomorrow morning! Take a LOOK!

Here's a little more information on how the program is going to work:

Shift Shop