

# Quick Tip:

**\*Remember, this program is fully digital!** Don't forget to check out your dashboard walk throughs, welcome videos, quick start guides, and special "Zip Up Your Ribcage" videos for extra support!

Still have questions?  
That's what we're here for :-)

# Contact Us:



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Follow us on social media  
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# SVELTE

## One and Done

Thank you so much for purchasing our digital product! We are so excited to be apart of your health journey!

# Login to my One and Done

Check your inbox, including spam, for an email from mere@sveltetraining.com to get your instructions on how to set up your dashboard login!

Visit [members.sveltetraining.com/login](https://members.sveltetraining.com/login) to access your digital products with your new credentials. Once logged in, Click "Access Now" below your One and Done program.

Start with your Manual to find exercise calendars, workouts, walkthroughs, and tips and tricks to getting started!

Once you've read over your manual, it's time to dig into your 7 minute workouts! Make sure to add your warm up in the beginning and cool down after your 7 minute One and Done workout!

## What do I do after 14 days?

There are 2 different levels to One and Done. You can always increase intensity by adding more rounds or increasing your intensity during workouts. You can also upgrade your package with add-on workouts from any of our other products!

## Check Out Our Other Products:



\$67

### Lean & Flexible Body System

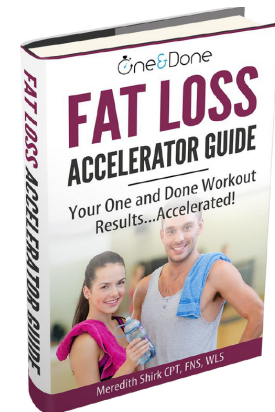
- One Minute Abs** - Core toning to burn belly fat
- One Minute Recovery** - Dynamic stretching to prevent injury
- One Minute Isometrics** - Strengthen problem areas using low impact movements
- One Minute Finishers** - Arms, core, legs, & butt



\$39.95

### Healthy Back Now

A natural, safe, and effective way to eliminate back pain. Improve mobility, flexibility, and posture.



\$12

### Fat Loss Accelerator Guide

14 day diet and nutrition guide to accelerate results of One and Done workout program! Receive meals, recipes, and nutritional tips!

## What is Accelerated Body Transformation Club?

Accelerated Body Transformation Club is a premium feature available for purchase to supplement One and Done. This includes new monthly workouts, meal plans, a monthly coaching call, and exclusive access to our private Facebook community!

This amazing program is a monthly payment of \$49 (USD) for 8 months. After 8 months, you won't incur any additional payments and will receive lifetime access to all exercises, nutrition plans, and tools!