

METABOOST CONNECTION



QUICK START GUIDE

HERE IS HOW TO
GET STARTED!

Disclaimer Notice:

This eBook offers health, wellness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may read in this eBook.

Consult with your physician prior to beginning any exercise program, or making any significant changes to your diet, such as by using any supplement, nutrition plan, or meal replacement product. It is your responsibility to ensure that you are following all safety instructions that we provide, when following our programs or using any of our products.

Nothing stated or contained in this eBook or available through any of our programs are intended to be, and must not be taken to be, the practice of medical or counseling care. For purposes of this disclosure, the practice of medicine and counseling includes, without limitation, psychiatry, psychology, psychotherapy, or providing health care treatment, instructions, diagnosis, prognosis or advice.

Any case studies, examples, illustrations, or testimonials provided in this eBook or in the promotional materials for this eBook, are not intended as a guarantee that you will achieve similar results. In fact, your results may vary significantly, and many circumstances may and will cause results to vary. Your results may vary, for instance, depending upon your starting point, goals and effort. There can be no assurance that any prior successes, or past results, can be used as an indication of your future success or results.

None of the statements made in this eBook have been reviewed or approved by the FDA.

It is your responsibility to evaluate the accuracy, completeness or usefulness of any information, opinion, advice or other content contained on the eBook, in our programs, or otherwise by us or a representative of our organization.

The use of any information provided in this eBook is solely at your own risk.

SVELTE

© 2019 Svelte Media, Inc.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

To request permissions, please reach out to the publisher addressing the subject line as, "Attention: Copyright Request" at the email address below:

support@sveltetraining.com

ONCE YOU LOG INTO YOUR MEMBERS DASHBOARD

1). WELCOME! Now that you can access your dashboard. So stoked to have you :)

2). Scroll down to click on your Metaboost Connection, then checkout your Metabolic Flush guide! This will help you gather what you need and get you on track to prep and prime your body for the next step when completed! Start with this on Day 1, Belly Blaster will be the following 10 days!

3). Read your MetaBoost Body Workout Manual in your dashboard. The exercises discussed throughout the program are explained for you and a calendar is provided to guide you on when to complete these isometric exercises in.

4). If you want to save a trip to the grocery store, check out your Belly Blaster shopping list! This is the next step after your 24 hour Metabolic Flush! This will be your nutrition plan for the next 10 days and it contains a shopping list inside. I recommend following this as close to a "T" as possible!

5). MetaBody contains your exercises! These have demos and follow along videos for you to complete while you're starting your nutrition plan! You will love these :)

6). After you complete Belly Blaster, if you're not sure where to go next....check out your MetaBoost Shopping List & Recipes! Additional recipes and a shopping list are inside for you to try. If you'd prefer, you can restart your 10 day Belly Blaster plan. *An even better option is to utilize the 30-day meal plans in your Accelerated Body Transformation Club! These change each month, (as well as new workouts, access to the monthly zoom coaching call, and access to the private facebook community all included!)

7). Don't forget about your MetaBalance guide..this includes natural remedies for those hormone imbalances and tips and tricks to tackling them!

GOOD LUCK! YOU GOT THIS!

WHAT IS THE ACCELERATED BODY TRANSFORMATION CLUB?

The Accelerated Body Transformation Club is a premium feature available for purchase while using your Metaboost Connection! This includes new monthly workouts, meal plans, a monthly coaching call, as well as access to our private Facebook Community!

This awesome club is a monthly payment of \$49 (USD).



Are you curious about the additional options available for purchase in Dashboard and Metaboost Connection? Here are the following:

Metaboost Power Shots:

Elixirs/Recipes to flush out toxins, boost the metabolism and immune system, as well as aid in digestion and hydrate! (\$12)

MetaRecipes: 12 additional recipes to provide healthy fats, proteins and low carbs to assist in burning fat, sustainable energy and curb cravings! (\$12)

Ultimate MetaPackage: Consists of MetaBreakfast, MetaLunch, MetaDinner, MetaClean (elixirs & detoxifying beverages) & MetaLean (Fat Burning Smoothies) to help you expedite results and take the next step after Metaboost Connection!
(\$67)