

A woman with blonde hair, wearing a black tank top and black camouflage shorts, is performing a glute bridge exercise on a blue mat with a red border. She is lying on her back with her knees bent and feet flat on the ground, pushing up with her hips. She is smiling and looking towards the camera. The background shows a paved area with some fallen leaves and a metal bike rack.

# One & Done QUICK START GUIDE



Low Impact



High Reward



Unlock Body's  
Natural Metabolic  
Multipliers

*Meredith Shirk CPT, FNS, WLS, BCS*

**SVELTE**



## 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.

The logo for SVELTE, featuring the word in a bold, sans-serif font. The 'S' is a solid dark grey, while the 'VELTE' is in a lighter grey with a thin white outline.

© 2023 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](mailto:support@sveltetraining.com)

# ABOUT MEREDITH SHIRK, CPT

Meredith Shirk has been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with certifications from the National Academy of Sports Medicine (NASM) in Fitness Nutrition, Behavior Change, and Weight Loss.

Over the years she's helped athletes, celebrities, models... and people just like yourself... make their dreams become reality and achieve their best body, inside and out.



"Mere," as her clients and subscribers know her, is the CEO of Svelte Media & Training. She's also the creator of the cutting-edge 7-minute workout plan, **One & Done**, which she's successfully taught to clients for over 12 years now.

Mere has over 1.5 Million subscribers and followers combined on Facebook YouTube, where she spreads her message of achieving 'total mind, body, and health' globally.

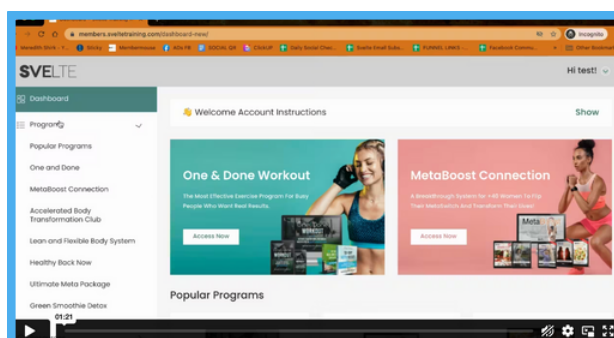
## LETS GET SOCIAL!

Double click the icons below to follow and subscribe to stay up to date with free video workouts, weight loss tips, recipes and more.



# ONCE YOU LOG INTO YOUR MEMBERS DASHBOARD...

1). **WELCOME!** Now that you can access your dashboard, check out your **welcome video** from me! So stoked to have you :)



2). **Click Below** to access your *7 Minute SIT Workouts and Manual, 10-day Keto Reset, Progress Trackers, as well as Red + Green Smoothie recipes!*

3). To start your workouts, click on "**Beginner Series**" and your ***One&Done Workout Manual!*** It includes all the Tips and Tricks, Exercise Calendars, and Routines you need!

4). Now you can get started on your exercises! Enjoy and push towards those goals!

**ACCESS YOUR ONE&DONE PROGRAM HERE!**

# WHAT IS THE ACCELERATED BODY TRANSFORMATION CLUB?

After you complete your 14 days of workouts, if you're not sure where to go next... check out our **Accelerated Body Transformation Club!**

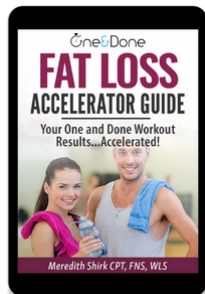
This premium Membership includes new monthly workouts, 30 day meal plans, a monthly coaching call, as well as access to our private Facebook Community!

This club is a monthly payment of **\$49 USD** to gain access to these awesome features!

**BUY THE MEMBERSHIP HERE!**



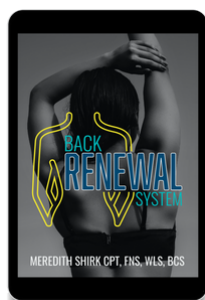
Are you curious about the additional options available for purchase in your Dashboard and One and Done program? Here are the following:



**Fat Loss Accelerator Guide:** 14 Day Diet and Nutrition guide to accelerate results of One and Done workout program. **(\$12)**



**Lean and Flexible Body System:** Series emphasizing ab work. **(\$67)**



**Back Renewal System:** A natural, effective, and way to virtually eliminate back pain by retraining your posture, through stretching and flexibility exercises as well as strengthening your core. **(\$39.95)**



**Summer Water Detox Recipes:** Detox Water recipe guide. **(\$1)**



**Green Smoothie Detox:** 10 Day Smoothie Detox guide to assist body in detoxing and purifying. **(\$1)**