

ONE AND DONE QUICK START GUIDE



- 🏋️ Low Impact
- 🏋️ High Reward
- 🏋️ Unlock Body's Natural Metabolic Multipliers

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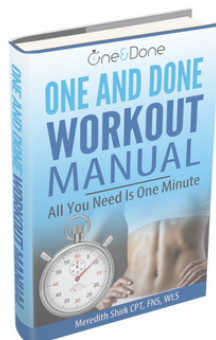
ONCE YOU LOG INTO YOUR MEMBERS
DASHBOARD...

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

2). Scroll down and click on your 7 Minute SIT Workouts, then click on "Get Started Here." Here, you'll find your exercises, 10 day Keto Reset, Program Trackers, as well as Red + Green Smoothies!

3). Click on "Beginner Series" and then click on your Manual! The Manual includes your Tips and Tricks, Exercise Calendars, and Routines!

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



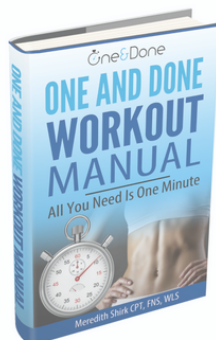
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After you complete your 14 days of workouts, if you're not sure where to go next....check out your Svelte Life Series!

With Svelte Life Series, utilize new exercise combinations each month! This membership also includes new 30 day meal plans, access to a monthly zoom coaching call, and access to a private Facebook community for additional support and coaching all included!

Check out the next page for more information!



What is Svelte Life Series?

Svelte Life Series is a premium feature available for purchase while using your **One and Done** program!

This includes new monthly workouts, 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!

(Svelte Life Series)



Are you curious about the additional options available for purchase in 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 safe 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)