

# **PUSH\_the fat**



**An educational  
introductory 3 month  
fat loss program**

**PUSH**

**[THE RIGHT BUTTON]**

**PUSH\_Training Systems**

The unique **PUSH\_The Fat** program will focus on Fat Loss 4 Life and provide you with the tools and motivation to reach real results.

**PUSH\_The Fat** includes:

### **COACHING**

Take control of your wellness and body image by identifying the why's and how's of where you are today.

Then become motivated in knowing that you can control your future with the tools provided.

### **NUTRITION**

80% of physique transformations are due to correct nutrition. Learn how to control binges, eat healthy without starving and lose fat!

Understand that healthy eating habits are for life.

### **FAT BURNING**

Your coach will provide you with the most effective fat burning methods on the planet!

“We can help you find the will and then provide you with the way”.

### **PUSH TRAINING**

Your program will consist of strength and circuit training for optimum fat burning in a two step functional format.

**PUSH\_THE RIGHT BUTTON** and  
“Live Your Best Life”

