

WWW.BLAÄKOUTTRAINING.COM

ESTD 2020

60 DAY ONLINE TRAINING

WE ARE LOOKING FOR 10 MALES AGE 16-30

WHO WANT TO



BUILD LEAN MUSCLE



DEVELOP AN
AESTHETIC PHYSIQUE



INCREASE STRENGTH



BLAÄK OUT
TRAINING



ESTD

2020

60 DAY ONLINE TRAINING

\$197

60% DISCOUNT



CUSTOMIZED EXERCISE PROGRAM

- Hosted on our App compatible w/ Fitbit, Apple Watch & Health, MyfitnessPal & more
- Videos correlating with each exercise included in vast library of content



BI-WEEKLY CHECKINS

- Submit progress pics, ask questions or adjust program to maximize progress



NUTRITION GUIDANCE & MEAL PLANS

- Customized macro recommendations & recipes will prove imperative to take full advantage of this program

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