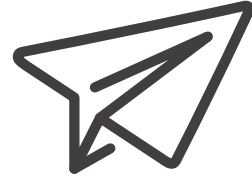


# WHERE TO START?

Easy! 

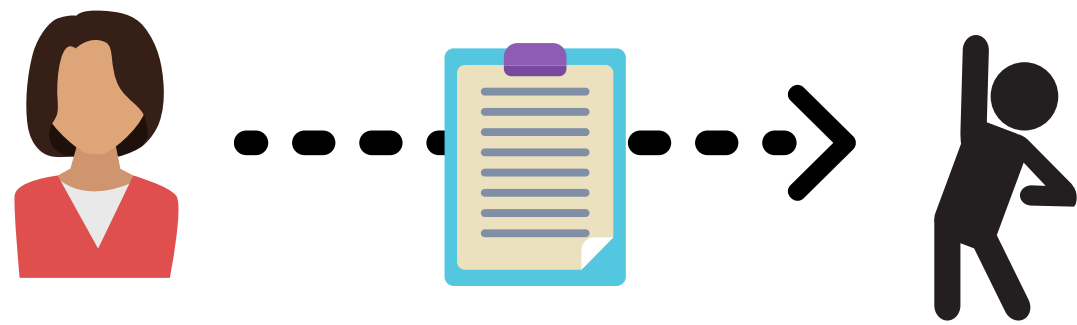
## 1 When you are ready, just let me know!

Tell me which kind of plan suits for you



## 2 I'll send you a questionnaire and some testing you must do

We set your individual goals and we got your starting fitness point



## 3 You'll send me all the information back



## 4 Payment via bank transfer

As soon as I receive the payment, I'll start working on your training plan



## 5 We'll schedule 1-to-1 appointment

I'll explain everything, all the technique of the exercises and all sort of enquiries you might have

