



RYAN NORTON  
OWNER & HEAD CPT

THIS  
**COMPREHENSIVE**  
PROGRAM INCLUDES

2-4 workouts per week with your trainer with additional workouts designed for you weekly

A fully customized nutrition plan based on your needs

These plans are updated weekly and include complete shopping lists

Pre, during, and post program evaluations to assess progress and effectiveness. These evaluations produce extremely accurate and reliable results

Use of necessary massage, stretching, and other recovery enhancement techniques

FREE post workout shakes, a FREE Shaker Bottle, bottles of water, and towels supplied for you

Constant and ongoing support from your trainer



**MUST RESPOND  
BY JULY 31st  
2017!**

**GO TO THE WEBSITE NOW TO  
SCHEDULE YOUR CONSULTATION!**  
[wipersonalfitness.com](http://wipersonalfitness.com)