

20 Pounds in 8 Weeks No excuses, Only Results

Hi, this is Kenny with Beat Body Training. I'm a personal trainer and nutrition coach based out of Vancouver B.C.

I'm specialized in..

Helping women 28-36 lose 20 pounds of body fat in 8 weeks in a healthy natural way

My popular in-person, 8 week training program has helped many women achieve their weight loss goals. If you were referred here by one of your friends, then you've seen the results for yourself.

Here's something you'll find interesting: When I'm first getting started with a new client, these are the things I hear all the time..

"Sometimes I don't want to leave the house because I'm so disappointed in the way I look."

"I need help with everything! How to work out, how to target my problem areas, what to eat, and how to stay motivated."

"when I don't see results quick enough I run back to food for comfort -- and find myself gaining even more weight back - what can you suggest --- without killing me?"

"I have a lot of weight to lose and I am out of shape. I've tried a couple of classes recently but I've always managed to talk myself out of going back because it's "too hard""

"I've tried EVERYTHING! But nothing worked, I saw some results but then I quickly gained all the weight back."

I realized that all of my clients are getting stuck with the same challenges. Over time, I've adapted my in-person coaching to answer to all these things.

I've been booked up solid for the past 8 months with clients. I've been getting more and more requests from people all over the place asking me if I travel or if I do online coaching. I realized that the only way to help more people is to take my experience and knowledge - and put it online.

Let me now introduce to you..

Beat Body Training Meal Plan

The total 8 weeks, 20 pound, fat-burning system

Here are the details:

When you first get started, you will get your own copy of the **clean eating meal guide**. This is the index of the **top fat burning foods that are appetizing AND easy to prepare**.

You will learn about the **4 nutritional laws for immediate, steady, healthy fat-loss**.

Then you will get the 8 week, step-by-step guide on **how you can gradually incorporate these foods into your diet. So you don't starve or end up craving junk**.

Lastly, you have the option to enroll in the Beat Body Training transformation picture challenge. This is a photo diary challenge that you can take on to be **kept accountable for following through**.

Here are a few more popular concerns that I hear

"I dont want to get bulky , I just want to get toned!"

"I dont want to count calories, and I don't want to measure my food"

(The turth is, you can eat as much as you want as long as you know what to eat and what not to eat)

"Do I have to take a lot of pills or or buy expensive shakes?"

This program addresses all these things and clears them up for you once and for all.

Bottom line: the BBT Meal Plan Program is the..

Step-by-step instructions To help you lose 20 lbs in the next 8 weeks in a healthy, natural way

This is an alternative to the tested and proven BBT program that clients book me for in person. I've done this for years with many people. I've been able to replicate the results over and over. In fact, here are a few before and afters of my recent clients:



Before letting you know the cost to this program, these are some of the facts:

The price for my 32 hour In person coaching is **\$ 1176**. You already know that this is an **UNBEATABLE** deal in comparison to other private coaches. You'll be lucky to be coached for \$60/hour!

Plus, most of these coaches are unproven and have no track record of results.

The BBT Meal Plan is not going to cost you half of the standard \$1176 price tag. It's not even going to cost you a quarter of that. It's not even an 8th at \$147.

The entire BBT Meal Plan Program is yours for only **\$74**. That is 1/16th the cost of my 1-on-1 coaching.

Best of all: through using this system, you get to..

AVOID the cost of expensive gym memberships

It's a digital download program, so you can get started right away from home. Also, you'll get the BBT..

110%, 60 day money back guarantee.

If you realize that the program is not for you, or you don't like it for any reason, just shoot me an e-mail within 60 days and I will personally give you a full refund. plus an extra 10% for wasting your time.

No hard feelings, no sweat..

All the risk is ON ME

Oh and I have something extra for you:

The 3 Day BBT Body Toner

This is a..

3 day body-weight, home workout program that's designed to help you accelerate the fat-loss process.

It's a 9-part video instructions that's going to help you see results more quickly.

I want to make it clear though: If you're a person who's looking for the instant magic bullet, then this is not for you. If you're not ready to give up your mid-night-snacking, weekend binge drinking habits, then I can't help you.

If you're not ready for a change then this 8 week, 20 pounds fat-burning system. Won't work for you You WILL have to make changes - I think you know this already.

Last important thing before we move forward: **By starting with the BBT Meal Plan Program, WE BECOME A TEAM.**

I want you to win. I'm in your corner - I want **YOU** to win.

Why do I say this? Well, I've seen so many clients succeed, get the compliments and acknowledgment they want. Plus, I've seen them experience the gratification of being able prove their friends and family wrong - with the before and after photos. And I cant wait for you to experience all these things for yourself.

So, if you're ready for a change, then let's get started right now. Click on the link below and I'll see you on the other side.

Kenny