

# THREE SONS FITNESS

 THREE SONS FITNESS  0467 673 840  WWW.3SONSFITNESS.COM



WORK OUT WITH US!

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## 10 WEEK FITNESS CHALLENGE

During this 10 Week Challenge you will gain knowledge to transform your mind and body to create life long habits to becoming the best YOU, you can be!

**START YOUR  
JOURNEY  
4TH OCT  
2021**

**CARDIO TRAINING  
MUSCLE ENDURANCE  
CORE STRENGTH  
WEIGHTS TRAINING  
NUTRITIONAL ADVICE**

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**MEASUREMENTS & WEIGH IN  
BEFORE AND AFTER PHOTOS  
(SUBMITTED FROM HOME)  
MEAL PLANS**

17 BARKLY HIGHWAY FAST SCAFF BUILDING