



xperience Fitness Programme

30 Sessions over 10 Weeks!!!
(Monday, Thursday & Saturday)

10 Xciting Exercises to get you in shape!!!

**Coaching and Tracking of records by
Professional Trainer!!!**

Contact us Now, First 10 Subscribers Only
Deadline: 25 July 2014



Participation
Fee:
Rs 2 000 for
30 Sessions

Tel: 4681111 or 403 5076

Email: info@imotiongym.com or xperience@medschemeinternational.com



1st Prize: Rs25,000

2nd Prize: RS15,000

3rd Prize: Rs10,000



xperience Fitness Programme

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Programme	30 sec of each exercise				45 sec of each exercise					1 min of each exercise
	Body Fat Evaluation			Body Fat Evaluation				Body Fat Evaluation		Body Fat Evaluation
Measurements (1st Evaluation against Last Evaluation)	<ul style="list-style-type: none"> - Thigh - Lower Ab - Back - Chest/ Bust - Waist - Hips (Ladies) 				Time		3 compulsory sessions: - Monday 19 30 - 20 30 - Thursday 19 00 - 20 00 - Saturday 09 00 - 10 00			

Start Date: 01 August 2014

No Entry Fee to continue the gym after the programme

A minimum of 5 participants is required to maintain the programme

Prizes will be awarded to the participants with highest body transformation

Prize winners must agree to appear on promotional materials

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