



Fitness Wow!
Bootcamps

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Current Realities

- I don't like my current body shape
- I want to lose weight fast
- I am stressed at work and home
- I hope to build lean, toned muscles quickly
- My fitness levels are sorely lacking
- I'm tired of all my excuses for not exercising

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You Will Learn to...

- Lose weight quickly
- Build lean, toned muscles successfully
- Get in desirable shape fast
- Build your fitness to an all new level
- Have fun
- Energize yourself
- Escape the stress of the real world
- Make new friends



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Trainer's Profile

Lionel Lim

- Certified personal trainer & sports nutritionist
- Battled with health, weight & self esteem problems in the past
- Transforms lives of others by being a role model
- Uses meditation & neuro-linguistic programming techniques to help clients & audience focus better & accelerate their training
- Invited to speak at organisations such as Singapore Institute of Management, Singapore Police Force and Queensway Secondary School
- Published author of lifestyle, health and fitness articles in United States and Singapore
- Creator of lifestyle, fitness and grooming seminar workshops



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Bootcamp Objectives

- Key Learnings:
 - Strength & Performance Conditioning
 - Lose Weight
 - Build Muscles
 - Shape Up
 - Have Fun



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The Complete Transformation

Bootcamp Details

- Perks:
 - UNLIMITED Bootcamp sessions/wk + Maintenance Workouts on Off-Weeks
 - 1 Extra 45 Min Semi-Private (4-6 people max) Personal Training Session/wk
 - One-Time Personal Grocery Shopping Trip
 - 2 x 30 Min Phone Consults For Social Support & Accountability/mth
 - UNLIMITED Email Support
- Investment: \$499/month (GST included)

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The Rapid Results Bootcamp Details

- Perks: UNLIMITED Bootcamp sessions/wk
- Investment: \$199/month (GST included)

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The De-Stress Now Bootcamp Details

- Schedule: 2 Bootcamp Sessions/wk
(choose from Mon – Sat)
- Investment: \$169/month (GST included)

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The Energy Booster Bootcamp Details

- Schedule: 1 Bootcamp session/wk
- Investment: \$99/month (GST included)

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Bootcamp Registration

signup@lionellim.com

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