

My Resistance Band Aid



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Current Realities

- My body is out of shape
- I can't find time to exercise
- It's too expensive to have to join gym to workout
- I hate the travelling & waiting time
- I don't like big bulky muscles
- I need a new challenge besides the dumbbells, barbells & machine weights

Ladies, You Will Learn to...

- Develop toned 'Michelle Obama' like arms
- Build muscle strength and definition
- Engage in better balance, coordination and conditioning
- Radiate your full 'sensuality'



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Men, You Will Learn to...

- Sculpt your beach body
- Build muscle strength and definition
- Challenge your muscles in ways you have never experienced
- Enhance your masculinity and develop charisma



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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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Workout Class Details

- Duration: 6 Saturdays (1 hour class each week)
- Investment: \$360 (GST included)
- Key Learnings: Resistance Band Workout Exercises
Applicable Anytime, Anywhere

Workout Class Registration

signup@lionellim.com

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