

# DROP 2 SIZES CHALLENGE

Ready to drop 2 sizes in 8 weeks? The D2S Challenge offers a personalized training program for MAXIMUM results.

**BEGINS MONDAY AUGUST 3**

**\$150 / month / person**

- Sixteen 30 minute workouts / month  
[2 strength & 2 HIIT / week ]  
(works out to \$9.37 per workout)
- Includes all the nutrition strategies in the D2S manual
- Access to the team nutrition journal to keep you motivated
- Accurolive software for heart-rate-based HIIT

**To sign up contact:**

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Forging Sustainable Strength

