

TOTAL BIKINI TRANSFORMATION

Trial Run

Ashley Davis Fitness

First of all, congratulations on getting the opportunity to transform your body into that curvaceous and toned bikini body.

The Rules:

- ◆ Take progress photos (face not required) every 3 weeks (4 total) and send to me (a- for feedback and b- for bragging rights)
- ◆ Must be committed to completing the program

What you Get:

- ◆ A new bikini bod to enjoy and flaunt this spring
- ◆ Nutritional guidance
- ◆ 12-week transformation program to complete 3-4 days/week
- ◆ Can be done Anywhere with minimal equipment
- ◆ Featured on my website and in any material following the launch of the program

Please follow up with me regarding questions, comments, concerns and please keep base on your progress!! The photos are so important for this project, so please be sure to remember to take them every 3 weeks or at least after each 4-week phase.

Thank you again for participating in this program. It has been a lifetime and passion of mine to help as many people as I can achieve the confidence, health and the body's they deserve. I'm excited to see all of your transformations and hope to spread your successes to as many others as we can!

Until Next Time,



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