

Recommend Use of RBC 4 Series

THE **MOTION** Fitness Studio ROOM

Slim & Trim

"I want to shed the pounds! It is time I make a lifestyle change."

Month 1	 2 - 3 x / wk		 1 x / wk	
Month 2	 1 - 2 x / wk	 1 x / wk	 1 x / wk	 1 x / wk
Month 3	 1 - 2 x / wk	 1 - 2 x / wk	 1 x / wk	 1 x / wk
Month 4	 2 - 3 x / wk	 1 x / wk	 1 x / wk	