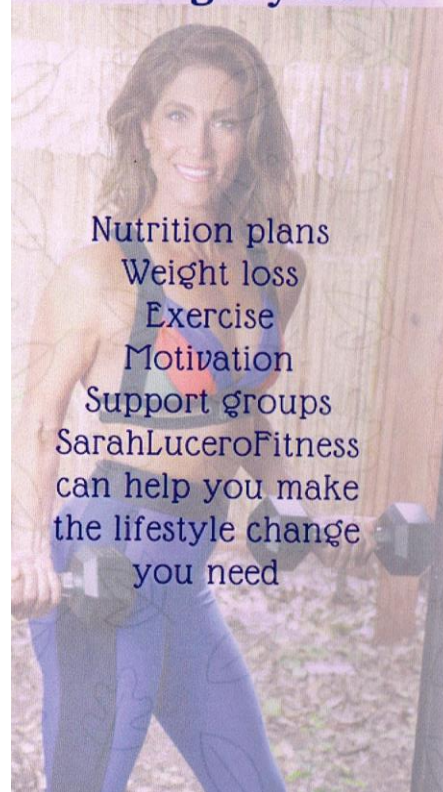




**Are you ready for  
a slimmer,  
stronger you?**



Nutrition plans  
Weight loss  
Exercise  
Motivation  
Support groups  
SarahLuceroFitness  
can help you make  
the lifestyle change  
you need



#### 8 WEEK GET LEAN PROGRAM

- \*NUTRITION PLAN BASED ON YOUR GOALS
  - \*EASY TO FOLLOW RECIPES
  - \*3 OPTIONS FOR EVERY MEAL
  - \*INCLUDING VEGAN OPTIONS
  - \*GROCERY LIST
  - \*SUBMIT BEFORE & AFTER PHOTOS
  - \*OPTIONAL BOOTCAMP CLASSES
  - \*OPTIONAL BODY COMPOSITION MEASUREMENTS
  - \*INTERACTION IN PRIVATE FACEBOOK GROUP
  - \*EXERCISE GUIDE FOR OPTIMUM RESULTS
  - \*TRAVEL AND DINING OUT LIST OF FOOD OPTIONS
- GUIDE: "PREPARING FOR LIFE AFTER THE 8 WEEK CHALLENGE"

**PLUS OTHER CHALLENGES!**

VISIT: [WWW.SARAHLUCEROFITNESS.COM](http://WWW.SARAHLUCEROFITNESS.COM)



## Transformations

~Mimi~  
Slimmer  
tummy, legs,  
new ab  
definition and  
muscle tone



~ Marci ~  
Down 24  
lbs in  
8 weeks

## What people are saying

"This fitness challenge has given me the motivation to participate in a fitness competition. I know I have a lot of work to do but with Sarah and her staff I know it will become a reality." - Marci

"I can look at my abs and back and completely see the difference. I burned 5 pounds of fat and stacked on lean mean muscle. So with this amazing meal plan ... I was able to achieve this goal." - Mimi



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Sarah Lucero

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[www.SarahLuceroFitness.com](http://www.SarahLuceroFitness.com)

Weightloss Challenges &  
Nutrition Plans to Reach Your Goals  
My Nutritional Guide  
Recipes

My Workout Videos with Guides  
My Fitness Competition Prep Videos

Exclusive Health and Wellness Tips  
Fitastic Foods for Life Parties

HIIT Bootcamp classes  
Your health is too important!  
Let's make a change now!



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FITNESS



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