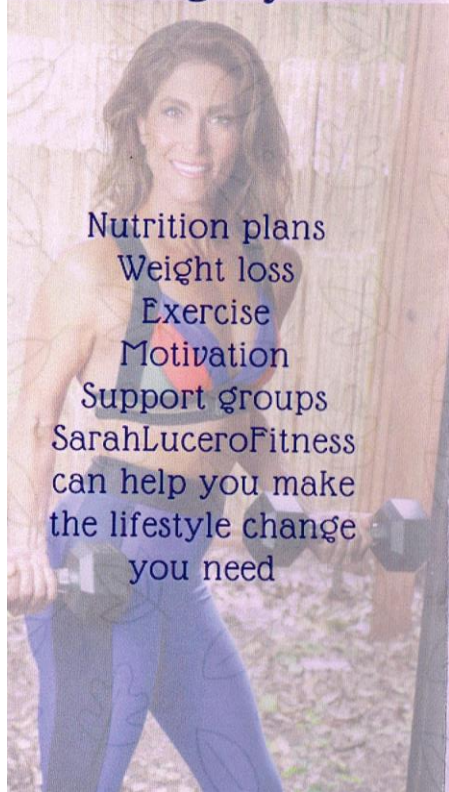


**Are you ready for a slimmer, stronger you?**



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



**ENJOY 20% OFF**  
 YOUR FIRST PURCHASE  
 ENTER THIS PROMO CODE AT CHECKOUT  
 SarahLuc26  
 CARBON38.COM @teamc38



[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!**



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

