

Things you will need before you start!!

- Wear long sleeve training shirt, spandex pants or tights, and tennis shoes.
- Purchase a stomach wraps or corset! Wear to each training session (Wraps can be ordered from E-bay, Wal-Mart, Target, or Marshalls) prices range \$10-\$25 based on quality.
- Bring training gloves (Wal-Mart, Target, or Marshalls) prices range \$5-\$10.
- Bring 5 pound ankle weights for each leg (Wal-Mart, Target, or Marshalls) price range \$5-\$10.
- Bring bottle water and towel to every training session.
- Each training session is 40 minutes long.
- Always come with a positive attitude and be ready for a lifestyle change.
- If you have to cancel a session, I require 24hr notification by phone, text, or email.
- Client is only allowed 1 time to make up cancel training session (no changes).

What to Expect

- Soreness
- Being pushed outside your comfort zone
- Weigh-ins, measurements, body fat percentage
- In door and out door workout (Spontaneous)
- Before and after pictures
- Cardio & Weight Lifting
- Fun
- Positive Results

Vitamins & Supplements

In order to get the results you are looking for, I also recommend daily vitamins and supplements that will help you reach your goals faster and safe.

- Green Tea Fat Burner (natural)
- Fish Oil (joints)
- CLA (helps reduce body fat and bring out lean muscle)
- Women's/Men's Multivitamin (energy and metabolism)

Edgy Girl Fitness Paperwork

All Clients of Edgy Girl Fitness have a folder with paper work inside. As your trainer I bring your folder to the session each time we meet.

- Fitness and Meal Plan Questionnaire (complete and email back)
- 3 Day Food Journal (write down your meal routine over the next 3 days and email)
- Before and After Pictures (pictures will be taken on day 1 when you begin plan)