

KAYLA'S 6 WEEK SUMMER SLEIGH

*Launching
December 9*



70% FIT + 30% FUN



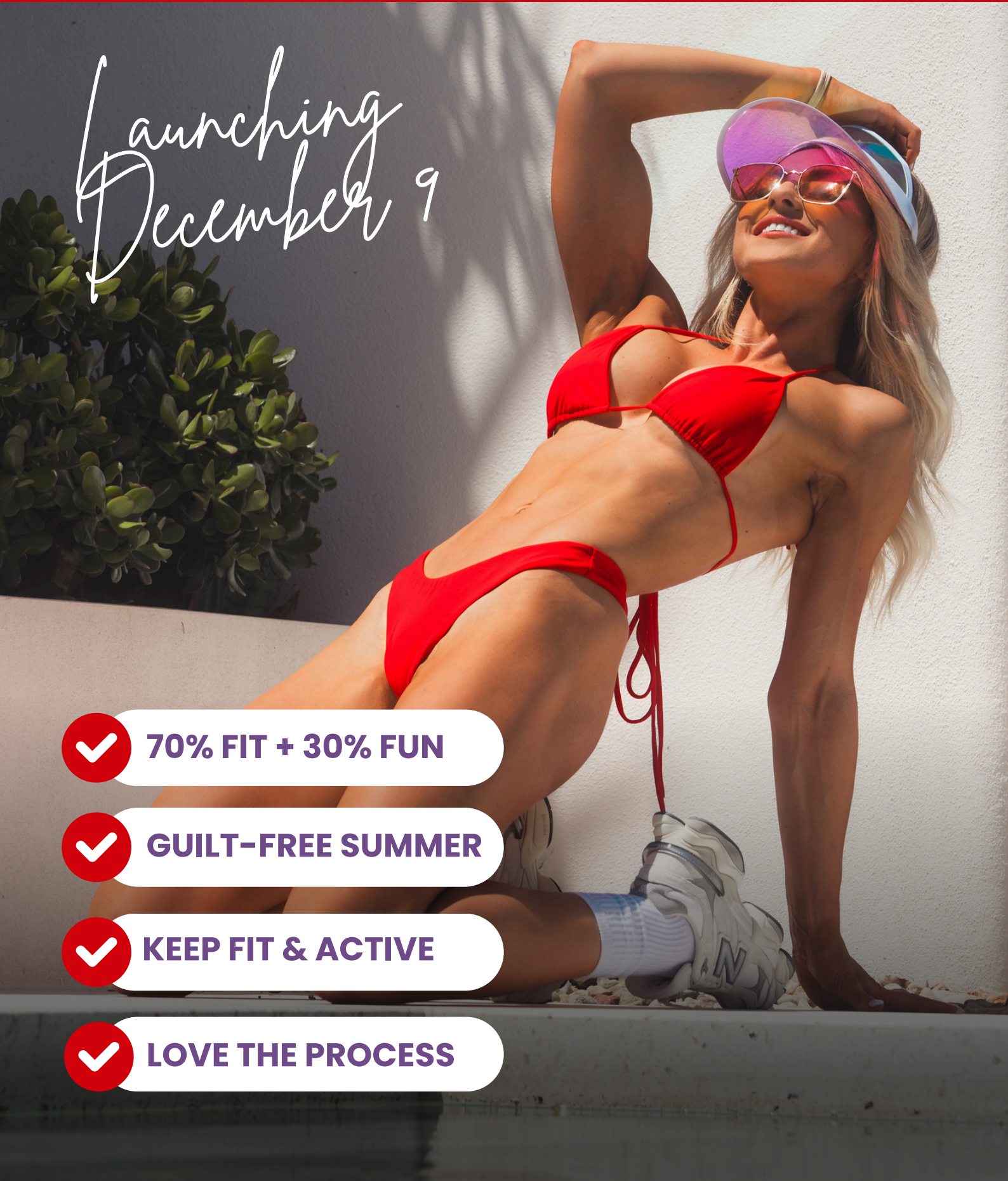
GUILT-FREE SUMMER



KEEP FIT & ACTIVE



LOVE THE PROCESS

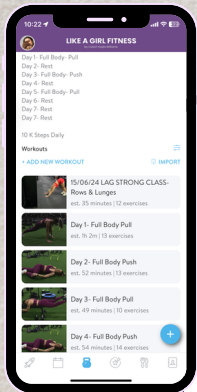


THIS IS FOR MY GIRLS

*Who
want to...*

- 
- ✓ STAY ON TRACK
 - ✓ EAT FLEXIBLY
 - ✓ LIVE AT MAINTENANCE
 - ✓ HAVE A BALANCED XMAS
 - ✓ FEEL CONFIDENT & SEXY
 - ✓ WORKOUT ANYWHERE
 - ✓ DITCH YO-YO DIETING
 - ✓ GET RESULTS & KEEP THEM

WHAT'S INVOLVED?



TRAINING

✓ **54 ON-DEMAND-WORKOUTS**

✓ **+ 4 PRE-SCHEDULED WORKOUTS EVERY WEEK**

✓ **DO ANYWHERE, ANYTIME**



NUTRITION

✓ **CALORIE & MACRO TARGETS**

✓ **SAMPLE MEAL PLANS**

✓ **TRACK IN MFP OR USE THE L.A.G MEAL LIBRARY**

'Sleigh' your summer with my 6-week 70:30 Challenge!

Balance fitness & fun with my flexible workout plans & realistic nutrition approach. Enjoy guilt-free festivities with a balanced approach & step into the new year not starting over – but thriving!

WHAT'S INVOLVED?



GROUP COACHING CALLS

- Weekly 1-hour LIVE Q&A every Tues 6:30pm
- Ask me anything about training & nutrition
- Overcome obstacles & maintain your goals



WEEKLY TIPS & ADVICE TO STAY ON TRACK

- Access my exclusive resource library
- Video tutorials, ebooks, and expert advice
- Gym hacks, nutrition tips, mindset strategies, and more



L.A.G MEAL LIBRARY

- 25+ new recipes every month
- Macro-tracked for easy food tracking
- Sample meal plans tailored to your goals
- All accessible in the L.A.G app



COMMUNITY EVENTS

- Motivation fades, but community endures
- Monthly brunches/catch ups and daily support
- Thrive in our L.A.G community



WITH MFP
BARCODE
SCAN



Bonus Christmas Content

- Holiday Navigation Tips: Alcohol, dining out, grocery lists, calorie swaps
- Video Tutorials: Tips for staying fit & healthy through parties, travel, & holidays



DON'T START AGAIN IN JAN

MAINTAIN THIS SUMMER



SIGN ME UP
\$499
UPFRONT

OR

SIGN ME UP
\$79
WEEKLY

GET 20% off upfront with DC:
BLACKFRIDAY20

*Black Friday Discount available until 03/12