

K.B.S. PERSONAL TRAINING

STRENGTH TRAINING

JUST THE PROGRAMMING

- Strength Assessment
- Individualized plan created to suite your needs (1 month plan)

\$80

PROGRAMMING AND ACCOUNTABILITY

- Strength Assessment
- Individualized plan created to suite your needs
- Daily email tips
- Accountability group access

**1 MONTH
\$150**

**EMAIL
KSMITH3106@GMAIL.COM
OR TEXT "VIRTUAL" TO
607-222-8293**