

# Get fit for summer sale!!

**3 months for 300.00**

**Includes:**     Periodized training program  
                         Periodized nutrition program  
                         Periodized cardio program

Weekly updates as well as 24/7 assistance through email to help get you through any unforeseen problems....

All programs are individualized to each person and their needs/requirements.

**If you want to be in your best shape for summer and are willing to do the work then let's get started transforming your body!!**

<http://patrickskailes.com/>



**PATRICK SKAILES**

**FITNESS & TRAINING  
SOLUTIONS**