



**DehshidFit**

Succeed Today

## The 90 Day Ultimate Athlete

This is going to be the difference between you and other athletes. Prepare yourself for optimal performance, raise up your standards for health and push your mind & body towards new and untouched boundaries!

**TEST YOUR POTENTIAL**

### Program Details:

- A 90 day program split into 3, 30 day phases where your exercise regimen completely changes between each phase
- It is a general program and not customized for one specific person, but encouraged for people who have a desire to improve their athletic ability or people that regularly take part in a sport or more
- The 3 phases are categorized as building foundation, strength season and explosive athlete
- Access to exclusive tutorial videos for every single exercise to ensure proper technique and for maximum guidance
- Access to my clients only WhatsApp for support and guidance
- Access to near 50 recipes including calories and macro break downs (no set nutrition program/ you may use the e-books to explore your own options)

### Program Price:

One time purchase at **\$99.99 USD / 39 OMR**