



DehshidFit

Succeed Today

The Ultimate 1 Year Regimen

Have you ever signed up for a gym on a yearly membership? This program is almost the same thing, except you will be in the best shape of your life, feeling the best you have every felt, improved health fitness and wellness. The program is adjusted for you, despite your access to facilities such as being at home, in the gym or even in the outdoors. Personalized is an understatement.

Don't wait, look at the bigger picture and change your life for the best!

Program Details:

- Monthly renewed, updated and improved workout & nutrition program
- The program is entirely customized for your body, access to facilities and daily life
- One official weekly check-in, to track and assess progress
- Daily access to support via my clients only WhatsApp, all questions and concerns to be dealt with
- You will receive 2 e-books containing a total of 50 recipes with their calories and macro breakdowns and will have the freedom to pick and choose what you eat and when you eat, given your calorie and macro goals for the phase!
- Access to exclusive tutorial videos for every single exercise to ensure proper technique and for maximum guidance
- Free Copy of my '25 Tips and Tricks to a Healthy Lifestyle'
- A DehshidFit workout T-shirt after your 6th month on the program (half way)

Program Price:

Option 1 – 12 Monthly Installments of **\$75 USD / 29 OMR**

Option 2 - One time purchase at **\$725 USD / 279 OMR**