



DehshidFit

Succeed Today

The 6 Week Grind & Hustle

A short-term training program where you intensively follow a strict workout regimen for 6 weeks to take some positive steps towards your goal. If you are already pretty advanced with your training than this would be designed to push you further and harder than your regular routine. Great way to just get things going and strive towards greater consistency.

Program Details:

- You will receive Customized program based on your goals
- 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
- 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'

Program Price:

One time purchase at **\$70 USD / 27 OMR**