



DehshidFit

Succeed Today

The 90 Day Exclusive Program

The value that comes with this program is above and beyond what you would expect of an online coaching program! It has been the most popular one and chosen by many. Only 10 spots are available at a time for this regimen as it takes a considerably great amount of time and effort on my behalf as your coach. Be ready for an intense transformation and intense communication with me!

Program Details:

- A 90 day program split into 3, 30 day phases where your nutritional goals and exercise regimen completely changes between each phase
- Your program will be fully customized for you and your goals
- Access to exclusive tutorial videos for every single exercise to ensure proper technique and for maximum guidance
- Daily support and communication via my clients only WhatsApp
- An official weekly check in to track and assess your progression
- Access to near 50 recipes including calories and macro break downs
- Free adjustments to the program (changes such as changing from a gym to working out at home) will be made if necessary
- 10% off all DehshidFit programs once you successfully complete the 90 days

Program Price:

Option 1 – 3 Monthly installments of **\$160 USD / 60 OMR**

Option 2 – One time pay in full at **\$375 USD / 145 OMR**