

LIFT

ONLINE PROGRAMS

You train yourself. We Guide you!

3-Day Programs

4 weeks..... 40\$
8 weeks..... 70\$
12 weeks..... 85\$

5-Day Programs

4 weeks..... 55\$
8 weeks..... 90\$
12 weeks..... 120\$



How it works:

- We meet you for an assessment.
- We prepare a program for you based on your needs.
- We upload the program on the application.
- You're good to go LIFT some weights!

