



# The **EDGE** Program

Online Coaching Service



The Edge Program is an **ADVANCED** and **CUSTOM** service aimed at recreational trainers and people who have gym training experience, no matter how much.

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Customized Programs

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Limited Availability

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Selected Participants

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## It's designed to:

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- Educate you about your body and how it works
- Demystify nutrition and teach you how to navigate through all the lies and misinformation
- Empower you with the ability to permanently change your bodyfat levels
- Enable you to have greater control of your health

## Bottom line:

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To give you all the tools and knowledge YOU NEED so you never have to hire me or any other trainer, ever again.





# THREE MAJOR STAGES

## STAGE ONE *(TWO WEEKS )*

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- Select an ideal bodyfat level
- Online Preparatory Meeting
- Nutritional Habits and Lifestyle Observation
- Dietary Analysis and Training Report
- Online Pre-Training Meeting 2

## STAGE TWO *(THREE WEEKS )*

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- Daily online meeting
- Assess the performance and monitor progress
- Make adjustments and recommendations as necessary
- Compile Handover Report and 'Going Forward' recommendations

## STAGE THREE *(SIX MONTHS )*

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- Monthly Bodyfat loss goals set
- Twice a month online progress meetings
- Continuing mentorship and advice access
- Edge Program Members access

*\*video clips demonstrating exercises are provided*



# IT WILL CHANGE YOU INSIDE **AND** OUT

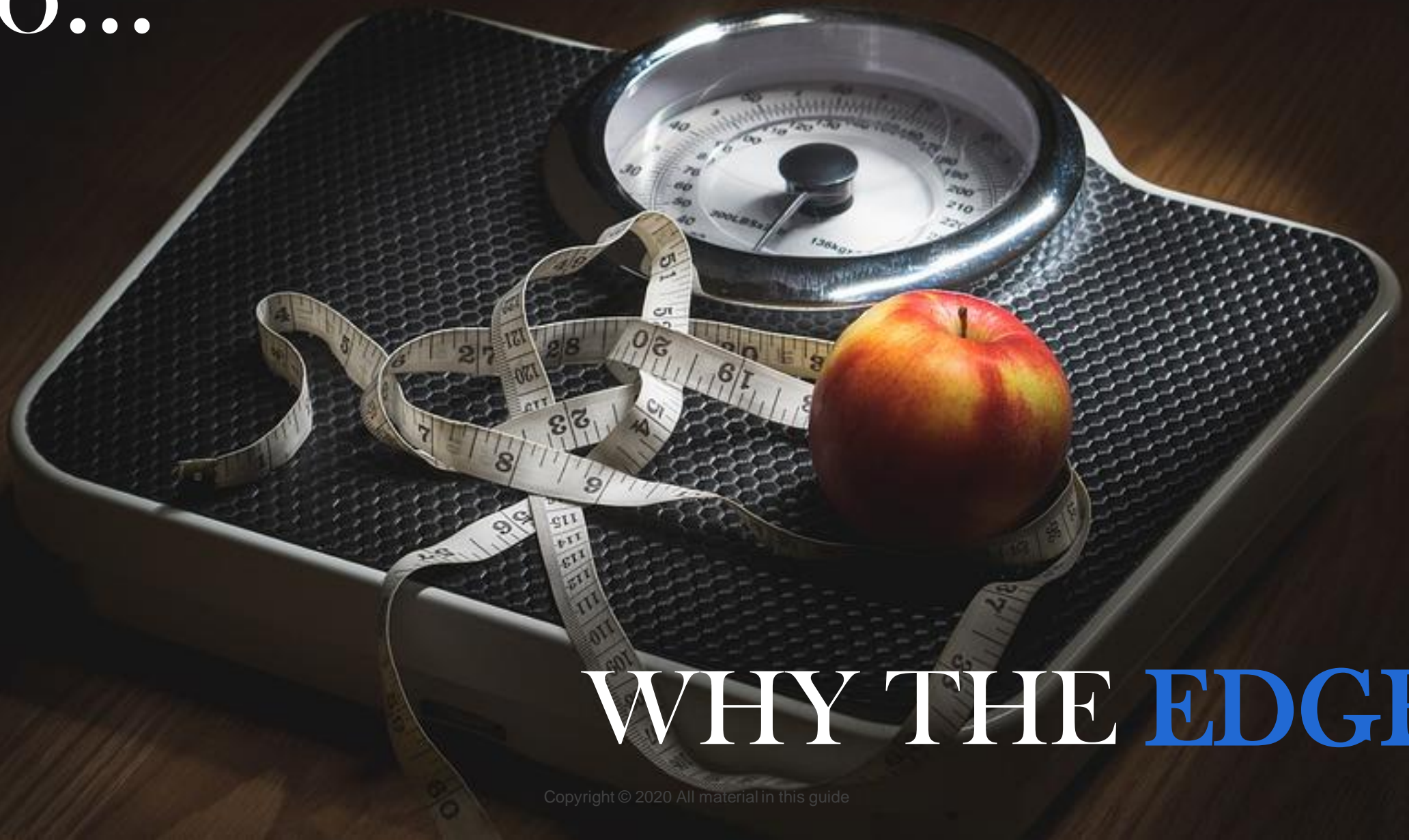
THE EDGE PROGRAM IS **NOT** JUST ABOUT  
THE INCREDIBLE FAT LOSS THAT YOU  
WILL EXPERIENCE

IT'S ABOUT YOUR JOURNEY OF SELF-DISCOVERY





So...



WHY THE **EDGE** ?

# FOUNDER



## STEVE O'REILLY

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- Functional Longevity Coach®
- Nutritionist
- Author
- NLP Master Practitioner
- Ex Close Protection Operative/Bodyguard
- Tactical Trainer
- Qualified Paramedic
- ARMED, JKD & Krav Maga Instructor

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As a Functional Longevity Coach, my objectives with my clients are very different. My primary goal is to educate my clients about changes that can create huge improvements in mental & physical health, and will hopefully optimize their potential longevity. My secondary goal is that I want to inspire my clients to set their bar higher in terms of long-term health, and not to accept a steady decline into old age and failing health.

— Steve

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# GUARNATEED CHANGE



## CUSTOM DESIGNED

Musculoskeletal structures are different...not all exercises suit every body



## RESULTS-DRIVEN

Progress is planned and calculated...results are Guaranteed



## SYSTEMATIC

All the pieces are put together for you into a simple and easy to follow plan

# I don't work with everybody



You have to be ready  
to change



If you are ready...then I can  
help you



# WHEN SUCCESSFULLY SIGNED UP

01

*Achieving  
goals*

02

*Life changing  
habits*

You will get :

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**55 hours** of professional time of the Edge Program  
founder **GAURANTEED**

- Personal Contact
- Information Analysis
- Report writing
- Structured over on average a 6-8 week period
- Bi-Monthly calls and continuing guidance for the first 6 months after the program ends

YOU WILL NEVER BE READY  
IF NOT ON...

The **EDGE** Program

ARE YOU READY TO CHANGE YOUR LIFE?

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