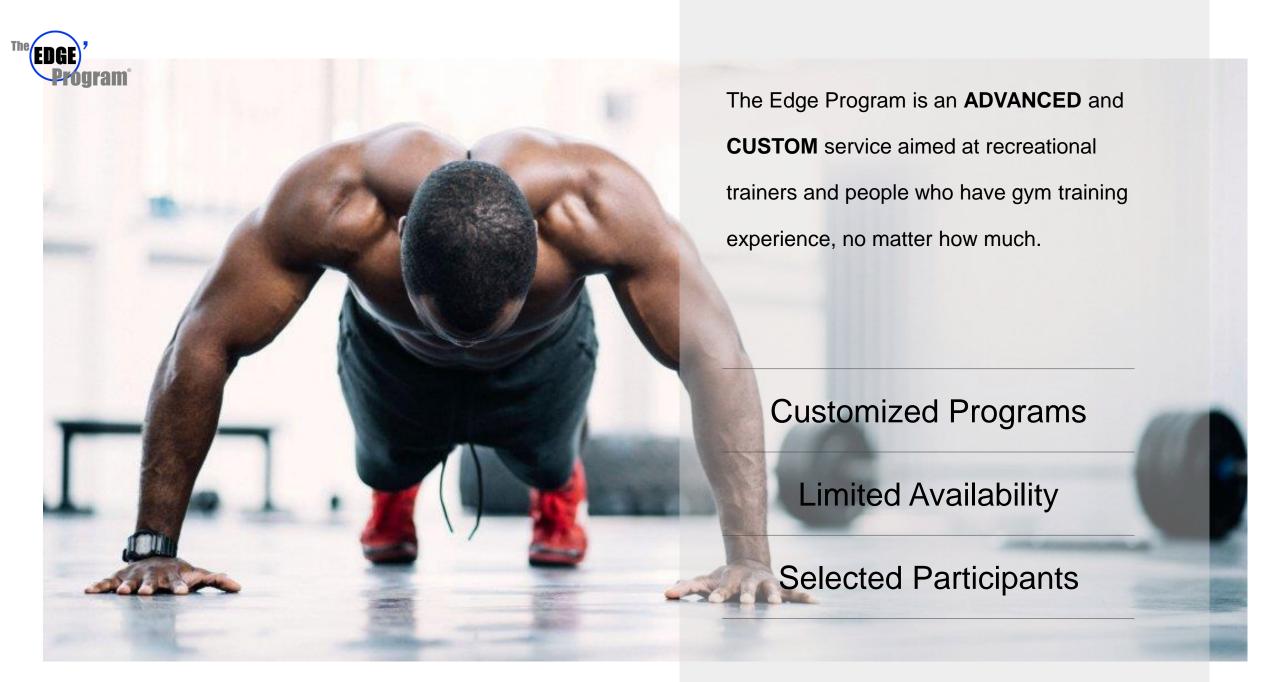




Elite Coaching Service







It's designed to:

- 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:

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









STAGE ONE (TWO WEEKS)

- Select an ideal bodyfat level
- Online Preparatory Meeting
- Nutritional Habits and Lifestyle
 Observation
- Dietary Analysis and Training Report
- Online Pre-Training Meeting 1
- Online Pre-Training Meeting 2

STAGE TWO (THREE WEEKS)

- Begin Recommended Program
- Daily Meeting & Supervised Workout
- Assess the performance and monitor progress
- Make adjustments and recommendations as necessary
- Compile Handover Report and 'Going Forward' recommendations

STAGE THREE (SIX MONTHS)

- 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





Elite Coaching Service

Sometimes those with very demanding lives need a different level of service...



The Edge Program Elite Coaching Service is

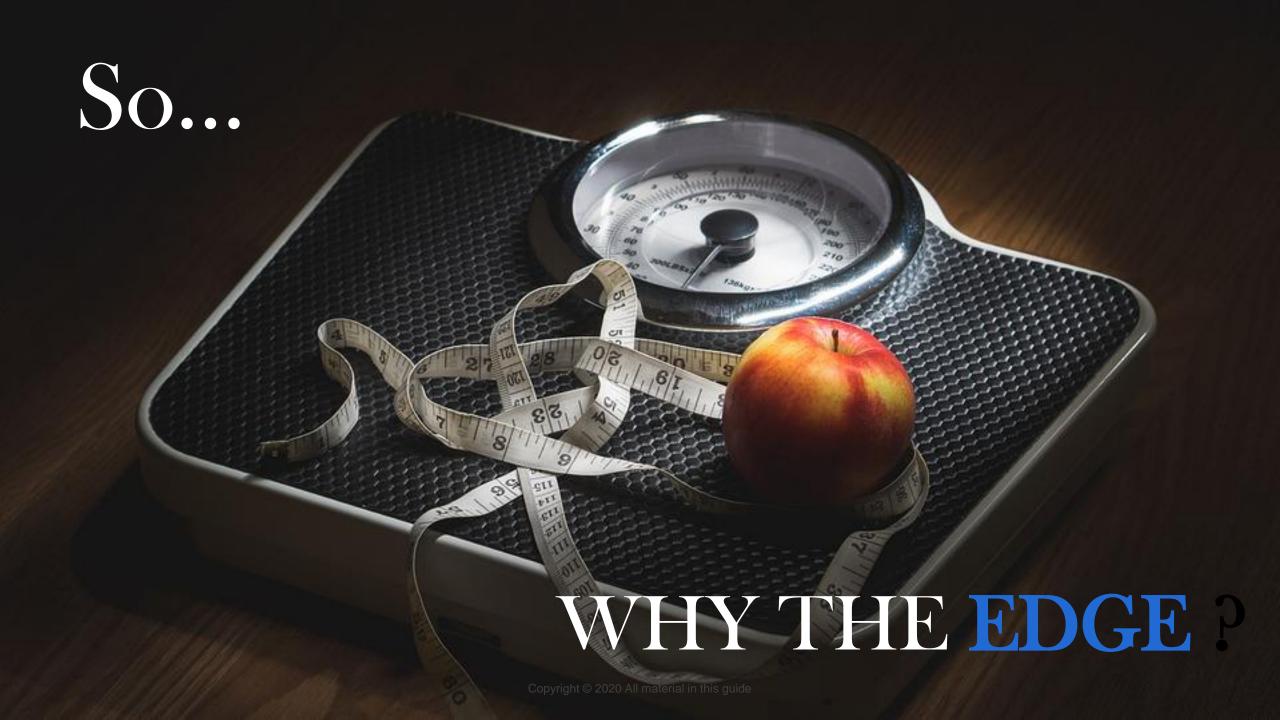
specifically for those who want one-2-one personal supervision by me during the complete Phase 2 of the program.

I will personally oversee your workouts at your preferred training location. I will also help you incorporate the nutrition strategy into your busy schedule. At the end of the 3 weeks you will have lost a minimum of 3% Bodyfat.



The next level experience





FOUNDER



STEVE O'REILLY

- 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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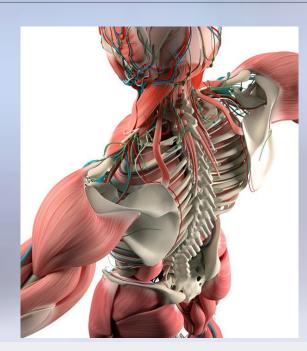
As a Functional Longevity Coach, my objectives with my clients are very different. My primary goal is to educate my clients about changes that can create huge improvements in mental & physical health, and will hopefully optimize their potential longevity. My secondary goal is that I want to inspire my 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

99



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



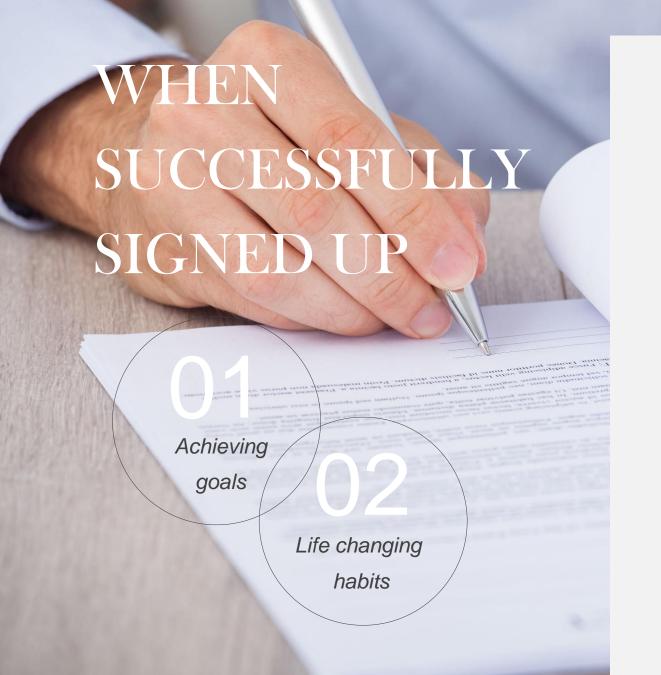




If you are ready...then I can help you







You will get:

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

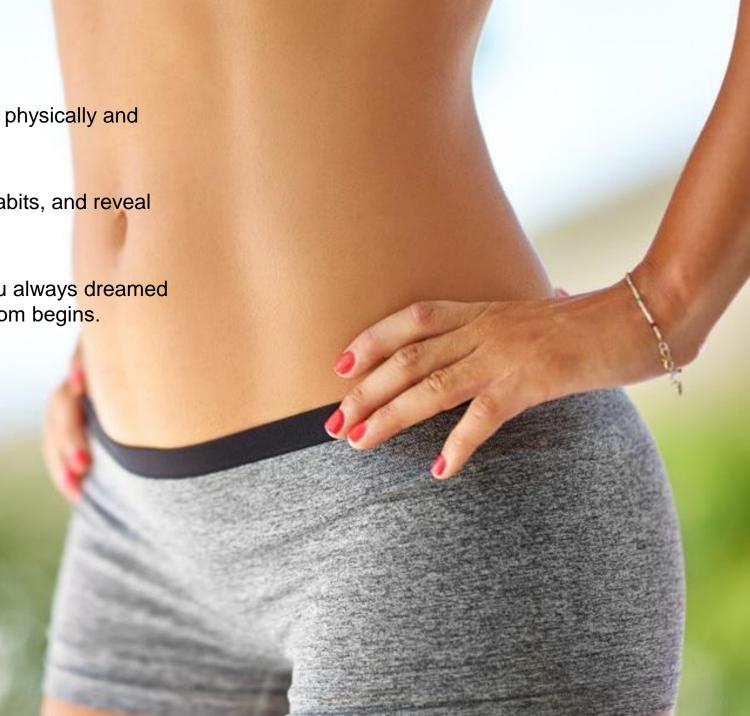
The Process in a Nutshell...

STEP 1 Together, we find out how who you are physically and how you got to your current condition

We change your body, undo the bad habits, and reveal how YOUR body truly works

STEP 3 We put you on the path to the body you always dreamed of...and your new life of physical freedom begins.

YOU WILL FINALLY BE IN CONTROL OF YOUR BODY





The Edge Program is different to other programs

You are guaranteed a minimum 3% fat loss in 3 weeks or your money back

The question is...



To make a booking or for further information go to...

WWW.STEPHENOREILLY.COM