

OPENING SOON IN THE WOODLANDS HOTEL

12 DAY PROGRAMME

TRAINING JUST 20 MINUTES A DAY

LOSE WEIGHT PARTICULARLY AROUND THE MIDDLE

Personal trainer supervises all your training

*Never before
has a programme
produced
such results
under university
research!*

AFTER

Call 061 326892

KAREN RAY - 6 WEEKS
LOST 20LBS OF FAT, GAINED 4LBS OF MUSCLE

AFTER

**DON'T
DIET UNTIL
YOU READ
THIS**



WHAT WE OFFER ON EDUCO GYM PROGRAMME

- ✓ The largest fat loss and firm tissue gain ever recorded in 2 weeks
- ✓ In our study under university research conditions, in 12 days participants experience a 11lb difference in their body composition. Training just 20 minutes a day.
- ✓ Unique nutritional system - forget calorie counting! Think nutrition!
- ✓ In the study those over 30 turned back the muscle clock by 6 years in only 12 days
- ✓ Also in the study their body was changing at the rate of almost a pound a day
- ✓ Time machine - a very specialised machine that out dates any other gym equipment that has gone before the most advanced workout in the world today.

**ALEX
12-DAY**

Lost 14.3lbs of fat
- gained 1.3lbs of muscle

**ROSE DIPPLE -
AGE 54**

After 15 Sessions over
4 weeks A 9 3/4 lbs difference
After 2 months Rose is back
to size 10

BEFORE

The Woodlands Hotel, Limerick. Booking essential.

To reserve your programme, call Frank on 086 2022304 www.educogym.com



BEFORE