

# The Workout

Dare to be Fabulous!



**What is The Workout?** A fitness transformation program designed for women. It will help you get lean, strong and super fit. You'll feel fabulous inside-out.

**Why should I choose The Workout?** Simple! If you don't like lifting weights and running mindlessly at the gym, then The Workout is your fitness soulmate! You'll use your own body weight to get into the best shape of your life. The Workout is simple, sweaty and a lot of fun!

**How am I going to do this?** Hello there! I am Hema, a super proud fitness nerd. Over the last 15 years, I have worked with some of the best fitness trainers and instructors in New York City and Bangalore. And I will help you achieve all your fitness goals.

Your assessment, fitness goals and first workout is free!

**Where is The Workout?** Well, The Workout has no location right now! But if you live in an apartment building with a gym, a community center or a dedicated workout space, then The Workout will come to you!\*

**So, ladies, are you ready to sweat? Do you dare to be fabulous?**

Then, get in touch for more details:



91-8050056581



[theworkout2016@gmail.com](mailto:theworkout2016@gmail.com)

\*Terms & Conditions apply