C-Lyman Fitness 100% Client Satisfaction Guarantee

Here at C-Lyman Fitness, I’m fully committed to your success! My promise to you is simple: follow your program as it is designed and intended to deliver you the best results possible. I guarantee you’ll look and feel better after 12 weeks of working with me or I’ll refund your entire investment in my training program. The relationship between you (my client) and me (your coach) is a partnership. And only through working together can the mutually beneficial goal (your results) be best achieved.

My commitment to you:

1. Assess and determine together realistic health and fitness goals and put them on a timeline for achievement

2. Design a complete program to achieve your goals that includes:

a. Nutrition and supplementation – to fuel your body with the energy required and maintain a muscle building fat burning state

b. Resistance training – to increase your strength and build lean muscle

c. Cardiovascular exercise – to optimize fat burning and heart health

d. Stretching – to accelerate your recovery from exercise and prevent injury

e. Coaching – to motivate, support, and encourage you when required

3. Teach you all the components of your program and help you implement them into your daily habits and life

4. Meet with you every 4–6 weeks to assess your progress, and update your program accordingly so you continue to achieve the best possible results from your investment with us

Based on our commitment to you, we require the following from you:

1. Work out a minimum of 1–3 days per week following the C Lyman Fitness program for a minimum of 12 weeks (canceled training sessions must be made up during the same week or the following week)

2. Complete cardiovascular activity exceeding 20 minutes per day at least three times per week 3. Fill out your Accountability Food and Cardio Journal in its entirety each day

4. Follow your custom designed nutrition plan

After the 12-week period, if you can honestly say you followed all four of the requirements and do not look or feel better than you did when you first stepped through my doors, I will refund your entire package investment.

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Client

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