

Instructions for designers:

I have attached some photos that can (not must) be used for the designs (let me know if you need the high-res versions).

I prefer a duo-fold – it should A6 size when folded.

However, if you feel a trifold is more appropriate, then ensure it is also A6 size when folded to 3.

Fonts: Include all fonts in final files.

File Format: High-resolution PSD and PDF with all layers preserved

Please ensure cohesiveness throughout the flyer and the poster

If you need more information, visit the website at www.dailymuscle.com/transformationcamp or post a comment on microburst site.

BROCHURE

Headline:

Who Else Wants To Lose AT LEAST 15 Pounds, And Look & Feel Better Than You Have In Years?

Lose Weight, Tighten, Tone and Firm Your Body, and Drop Dress Sizes Fast

Testimonials (sprinkle around the brochure) – you don't have to use all of them

I am able to buy dresses I'd never even have considered trying previously because I know it's not going to flatter. I feel my fittest in the last 6 years and am able and willing to push myself further than when I first started. I'm glad I signed up for the program and saw what I was capable of in such a short period of time. ~ Shirin

I have dropped approximately 5kg since I started the camp. My best success so far is dropping almost 3 dress sizes down! My goal is for my kids to have their mummy for as long as they can and for that I will keep doing this for as long as I can.. ~ Syahida

I am now more aware of what I eat. On days when I can't make it to the workouts, I can actually do the exercises taught on my own at home. ~Sharin

Benefits

In as little as four short weeks, you will never be the same again. Your body will change, fat and inches will melt away, dress sizes will shrink, and the new firm and fit you will emerge.

- Burn up to 800+ calories per session
- World-class coaches to guide you at every session
- No dieting!
- Receive expert guidance in a weekly Coaching Program, delivered right to your inbox – (RM97 value, but complimentary for participants)
- Learn how to navigate the Malaysian diet and take the right supplements
- Guaranteed results – or your money back

Who is it for?

- Overweight people of all ages
- Beginner exercisers of all ages
- People who want a fitness “jump-start”
- New Mothers
- Athletes and fitness enthusiasts
- People who need accountability, support and motivation
- Busy professionals

A Typical Session

We use innovative exercises in a circuit-training style workout which reflects our movement patterns from everyday life – our coaches will help you adapt quickly to the exercises and progress through the sessions with maximum results.

Each session lasts 60 minutes and consists of a thorough dynamic warm-up, specific exercises for every muscle group, and a cool-down phase to stretch your muscles and help speed up recovery, reduce the risk of muscle soreness, and get you ready for the next session. Sessions focus on fun, and no two sessions are ever alike.

PROGRAM SCHEDULE

#TRANSFORM Kuala Lumpur

(Taman Tasik Datuk Keramat)

Mon/Wed/Fri: 6.30pm -7.30pm

#TRANSFORM Subang Jaya
Mon/Wed/Fri: 6.30pm -7.30pm

#TRANSFORM TTDI
(Taman Rimba Kiara)
Mon/Wed/Fri: 6.45am-7.45am
Tues/Thurs: 6.30pm-7.30pm
Sat: 9.00am -10.00am

Our Guarantee:

After your first free workout, if you decide to keep going, as everyone does, then here's our rock-solid guarantee of results to you:

- In 28 days, just 4 short weeks of following our program...
- You will **burn more fat and inches** off your thighs, hips, waist, and arms than ever before...reducing body fat by **3%-5%** and decreasing midsection by at least **1-3** inches is typical...
- You will **drop at least 1-2 dress sizes** and **lose at least 5-12 pounds**...
- You will **double your energy**...improve your **posture**...**sleep** MUCH better...
- You will make new, supportive **friends**...
- You will increase your **endurance and strength** substantially...at least 25%...and **increase your confidence 100%**
- You will have **FUN**...
- And you will **look and feel fantastic**... or your money back.

There's no fine print or "gimmick" here. We stand behind the DailyMuscle Body Transformation Camp 100%. You get the results you want...or you don't pay. It's just that simple.

Packages:

12 workouts/mth - The Rapid Results Package @ RM297/month

8 workouts/mth - The Busy Person's Package @ RM247/month

4 workouts/mth - The Express Fitness Package @ RM147/month

Try Before You Buy!

Call Us NOW to Claim Your 1-Week Free Trial: +6016 665 4206

RM50 off when you join (with this voucher)

(SPACES ARE LIMITED!)

Other info to include in brochure:

email: customercare@dailymuscle.com

Website: dailymuscle.com/transformationcamp

Facebook: facebook.com/transformationcamp

In support of :



Official Nutrition Partner:



We've been featured on:



POSTER (Needs to include the following)

- Burn up to 800+ calories per session
- No dieting!
- Weekly Coaching Program
- Guaranteed results – or your money back

From as low as RM147/month

PROGRAM SCHEDULE

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Mon/Wed/Fri: 6.30pm -7.30pm

#TRANSFORM Subang Jaya

(SS18 Park)

Mon/Wed/Fri: 6.30pm -7.30pm

#TRANSFORM TTDI

(Taman Rimba Kiara)

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For more information, visit dailymuscle.com

Official Nutrition Partner:



We've been featured on:

