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GarrisonFitness101 - November 8, 2020, 6:47 pm

Hey, I've been reading/watching a bunch of personal trainer bullshit, were they charge around £300 a month telling you to do the same basic exercises you can find on the internet while also promoting their shitty affiliate product during your one on one training sessions!???

Most of them just spew out garbage and information that is actually detrimental to the clients progress.

(Because guess what, they want to keep bleeding you dry of money, ahem, I mean training you for as long as possible-shhhh its a secret)?

I've been consecutively working out for four years now, and I can pretty much tell you I've falling for EVERY SINGLE trick in the book???...so...

I wanted to be the good Samaritan and say if ANYONE is struggling with losing weight or heck even putting on muscle. Send me a quick email telling me what you're struggling with and guess what I'll do...

I'll give you a FREE tailored email back with all the exact things you need to do too achieve your goal! AND the BEST thing is you WON'T need a gym!?

It's free of charge? so if you want to email me its: garrisonfitness101@gmail.com

or just leave your email in the comments below and I'll try to get back to you as quick as possible, but it's best to send an email.

I'm not a machine so I'll only reply to the first?

techreviews1 - November 17, 2020, 6:53 am

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