



Shock Program

Dear EB30X Shock Program Participant,

Welcome and congratulations in advance on your goal to transform your body and your life. I'm so excited to have partnered with Studio SWEAT to bring you the EB30X Shock Program. My live workouts are always fun and effective and now it's time to share them with you, wherever you are. As a personal trainer and group instructor, I've been helping clients transform for more than 15 years. Whether clients come to my Chicago based EB30X Gym or train via FaceTime or on one of my online challenges, I've helped shock many participants' bodies, getting them the results they've been wanting. The changes that can be seen are not just physical, but life changing inside and out. Greatness does not happen overnight. But, by following the program and working out with me and the crew, we can make the transformation together.

With the EB30X Shock Program, we'll begin with a "Getting Started" week on January 6th, and then following that we'll have four guided weeks of healthy eating and body-sculpting workouts that should lead to a lifetime of change. Between now and January 6th please make sure you bookmark the Program page at <https://www.studiosweatondemand.com/EB30Xshock>, and complete the simple "Getting Started" steps you see there. The steps include how to join the Facebook group, how to stream workouts, what equipment you need and more!

The program also includes a Studio SWEAT onDemand All Access Pass, which gives you immediate access to 1,000+ Studio SWEAT onDemand workouts like Bootcamp, Spinning, Yoga and more. You have access to these amazing onDemand workouts from now until our 5 weeks is up in early February. You can explore the library now, and even begin taking any workouts that you'd like to prepare your body to move.

You'll see the EB30X Shock Program workouts on the program page now, so feel free to preview them, but we ask that you wait until January 13th to begin those workouts because we'd love to move together as a team. As you'll see on the Program page we give you week by week guidance for the 5 week Program period (Jan 6 – Feb 10).

All of the things you need to complete the Program, including the meal plans will be accessible on the Program page on Studio SWEAT onDemand's platform, but through our Facebook private group page we'll also have extra videos like cooking demos and training tips to help maximize results. So we suggest you hop on facebook and join the closed group! You can even use an alias you create if you'd like!

I'm excited to get started. Your journey begins now!

Let's Roll....Here We Go!

~E.B.

Brought to you by

