



-THE DIABOLICAL- CHAINS WEEKEND WARRIOR

» RPG TRAINING SYSTEMS

WEEKEND WARRIOR



Overview

Weekend Warrior is an 8-week program for anyone wanting who wants learn how to train like an athlete. Weekend Warriors "hit the ground running", and can often be sidelined with injuries, aches and pains. This program is open to any athletes that are still looking to make the pros on Friday nights.

Pricing

Weekend Warrior provides clients with:

- 1 x Week Guided training sessions
- 1 x Week Custom Strength Program
- Weekly Meal Plan
- Discounted Personal Training Rates
- Unlimited email access

Timing

Guided sessions will run 1 day per week with 1 x week self-guided training day for maximum results.

Saturday mornings from 8-9 am

Only **\$26/session**

*Non-Members Price \$35/session

By Appointment Only

☎ 416-898-1275

