

*Perfect for Fat-loss | Confidence | Strength | Muscle Building | Mental Health*

ONLY

£199

# MILLIE HOFFMAN FITNESS

## 6 WEEK SHRED

1:1 SUPPORT WITH COACHING APP

PERSONALISED WORKOUT PLANS  
FOR FAT LOSS OR MUSCLE  
BUILDING

NUTRITION PLAN WITH FOOD  
SHOPPING LIST

PROGRESS TRACKING

PLUS! OPTIONAL PT SESSIONS

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