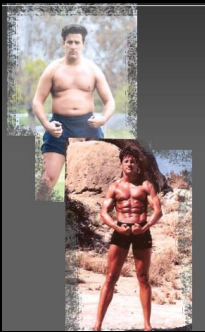


IDEAL PHYSIQUES

Presents

Intensity Online

Online Personal Training
Now available for you from anywhere in the world.
And, all at the click of a mouse!



If you would like to get the results these people and many more have enjoyed, then **Intensity Online is the choice for you. You'll receive individualized attention with customized Training Programs and Meal Plans. Whether you want to lose weight, gain muscle, prepare for a competition or simply maintain your already healthy lifestyle – **Intensity Online** will get you there!**

Intensity Online

Email Gabe Tull: gtull89@gmail.com

www.idealphysiques.com

949.680.9525

Gabe Tull – certified since 1993