



# EGO BOOST™

GET STRONGER, LEANER, HEALTHIER.

**With a regular strength training program you can reduce your body fat, increase muscle mass, and burn calories more efficiently.**

### BUILD MUSCLE

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### BURN FAT

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### CONTROL YOUR WEIGHT

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### HEIGHTEN SPORTS PERFORMANCE

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### INCREASE YOUR STAMINA

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### SHARPEN FOCUS

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**STRENGTH TRAINING**

5432 ANY STREET WEST | TOWNVILLE, ST 54321  
555.543.5432 | [WWW.YOURWEBSITEHERE.COM](http://WWW.YOURWEBSITEHERE.COM)

**CALL TODAY FOR A FREE CONSULTATION!**  
**800.555.5432**




**USE IT OR LOSE IT**

**STRENGTH TRAINING HELPS YOU PRESERVE AND ENHANCE YOUR MUSCLE MASS.**

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**STRENGTH TRAINING**



**COMMIT  
TO BE FIT**

**GET STRONGER, LEANER, HEALTHIER.**

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