I have a busy lifestyle, is this programme for me?

Pre Sales · https://thesixpackrevolution.com/docs/i-have-a-busy-lifestyle-is-this-programme-for-me/

If you stay in hotels while working away this is of course more challenging, however we will show you how to stay on plan while working away. Many of our previous participants have done this.

If you’re eating in the hotel or in a restaurant, most if not all hotels and restaurants will accommodate your request to modify a meal. Don’t be shy! This is your 75 days to achieve phenomenal results so make the most of it. We will tell you what options you can have while eating out that will keep you on plan.

In regards to exercise we can provide alternative workouts when required to fit your environment.

Lastly embrace the challenge, enjoy working away or going out for meals. There’s plenty of healthy options and opportunities for you to enjoy and explore!