# How is the programme delivered?

Pre Sales · https://thesixpackrevolution.com/docs/what-if-i-am-currently-pregnant/

The Six Pack Revolution has all the components you need to get into the best shape of your life.

Your coach will help educate, motivate and guide you through the programme. Our meal plans furnish you with delicious recipes, whilst the fitness plans help you get lean.

Your group provides a forum where you will interact with others on the same journey as you, providing a fun and friendly support network.

You will need a Facebook account as this is currently how we communicate.

However we are in a secret group so no one even needs to know you are there. But do not worry, you can create a Facebook account with an alias name. You can call yourself Mary Poppins or Elvis Presley if you wish as long as we know and takes only a few minutes to set up.

Small obstacle for huge gain.

If your question hasn't been answered by any of the options available please just ask.

Much love, Scotty ????