What is the SignaturePRO programme?

Pre Sales · https://thesixpackrevolution.com/docs/what-is-the-intensive-programme/

SignaturePRO is the ultimate progression within The Six Pack Revolution, created for those who have completed Signature and Signature+ and are ready to take things up another level.

SignaturePRO introduces structured strength training using dumbbells and a barbell, helping you build muscle, increase strength and continue transforming your physique and mindset. You will need a set of dumbbells and a barbell with a range of weight plates to take part in this programme plus a battle rope.