Which programme is for me?

Pre Sales · https://thesixpackrevolution.com/docs/which-programme-is-for-me/

If you have plenty of fat to lose then the Signature programme may be for you.

If you you have only a little fat to lose and want to focus primarily on sculpting then the Sculpt programme may be best for you.

If you have no fat to lose and want to just build and sculpt then the Xtreme programme may be for you.