

# 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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CALL TODAY FOR A FREE CONSULTATION!

800.555.5432

  
**STRENGTH**  
TRAINING

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

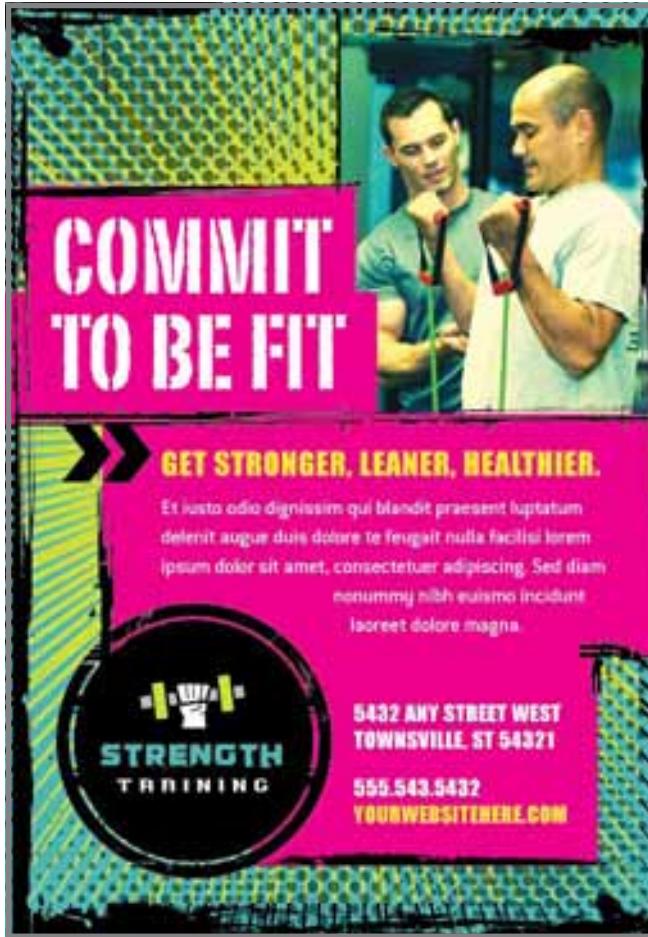
# USE IT OR LOSE IT

STRENGTH TRAINING HELPS YOU PRESERVE AND ENHANCE YOUR MUSCLE MASS.

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**COMMIT  
TO BE FIT**

>> GET STRONGER, LEANER, HEALTHIER.

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