

# TEAM KNOCKOUTS

## "I Beat Hot Chicks"

Our Mission is to dominate the competition circuit and become a highly competitive team of women who consistently are in leading placements at local, national and PRO level shows. Our ladies will be intimidating to others not on our team because we are classy, seasoned and have secret weapons that make us stand out. We will also be the most highly published within the fitness industry by national magazines over the next few years.



### How does it work?

- Step 1: Email me for an appointment time for your Consult
- Step 2: Complete your Assessment in person or by email
- Step 3: Purchase a Program best suited for you based on the feedback you receive after your Assessment
- Step 4: Follow Your Program
- Step 5: Check in Biweekly, email weekly and monthly do your bodyfat reading again.

**Next Steps for Bikini & Figure Girls:** *About 8 weeks* you will purchase your suit so we will decide around *9-10 weeks out* what color and style are going to make you your personal best onstage.

*You will be invited to do Presentation & Posing Practices. There are never enough of these for you to attend. Practice makes perfect....*

**Around 10 days out** you will begin a program called a "DRY OUT". The day of your show you will have all the critical details you need show related, including diet tips for that day.

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*No texting please except  
while at a show*

Michelle  Enterprises

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