

Two Weeks to a Two Piece



You are just **two weeks** away from feeling more confident in your skin than you are right now.

You are just **two weeks** away from more muscle tone, more energy, less bloat, better skin, and a boosted metabolism.

And maybe you're just **two weeks** away from looking fantastic in a two-piece! 👙

You Ready? [Click here](#) to get your program today!



ABOUT THE TWO WEEKS TO A TWO PIECE PROGRAM:

OK, OK! We're not saying EVERYBODY is two weeks away from a two piece. Bikini bodies don't happen overnight. Know what, though? Two weeks from now, you could be a helluva lot closer than you are right now. How close? Though every body is different, and we can't guarantee results, 5 pounds of fat loss every two weeks is typical.

This program includes two workouts you can complete in under 30 minutes each. They are designed to be done on alternating days, 6 days a week. These workouts are tough, they're fun and most importantly, they're EFFECTIVE. You'll be surprised at how fast the time goes when you're doing these workouts. Add the flexible, easy-to-follow meal plan and you will definitely see results!

Do you have 2 weeks or 4 weeks or 6 weeks until you need to be in a 2- piece? Awesome! You can repeat this program until you get from WHEREVER you are to feeling as confident as you can in your skin in as short of a time frame as possible.

Have you been fit before, and you're really wanting that body back? This program is for you. If you kinda like eating healthy and working out, this program is for you. If you know you're just a few dedicated weeks (or months) away from your goal body . . . then this program IS for YOU.

I typically charge \$65 per hour for my personal training services, so the \$32 price point is a steal. (It won't last for long). Let's make 2017 the year you reach your healthy body goals! ?

Let's Do This! Click here to get access to the full program today!



Workout 1 - All-Over Muscle Toning

The first workout in the Two Weeks to a Two Piece Program is all about building strong, supple muscles throughout your entire body (in under 30 minutes per day). The foam roller cool-down at the end will minimize soreness. What you'll need: a mat or soft surface and a water bottle. Optional items: We use an exercise ball and a foam roller, but you can make due with just four paper plates!!!

Workout 2 - HIIT (High Intensity Interval Training)

HIIT is about alternating periods of short, intense exercise with less intense recovery periods. This format will give you the same, if not greater, results in HALF the time of other workouts (less than 30 minutes, to be exact). Click [here](#) to learn more about how HIIT produces better results in less time. Be prepared to sweat, and also to have fun! We use a kettlebell in this workout, but any weight can be made to work (if you keep a tight grip). All you really need is a good pair of shoes and water.



Two weeks to a Two Piece Meal Plan

The meal plan is a crucial component of the two weeks to a two piece program. You will repeat meals for 3 days at a time, and changes up a total of 4 times during the two weeks for maximum body changes. You can do this whether you're a cook or not; however, we will give you a few recipes in case you want to prepare your own food. **You're going to see huge results!**

This sounds fantastic! Where do I get the program? Click here!

JOIN OUR FREE NEWSLETTER.

Not sure about the full program? Subscribe [here](#) to instantly receive demos of two do-anywhere exercises you can try right now to strengthen and tone your entire body.

Click here and I'll send you the two exercise demos!

Marcy Vogler is a lifestyle makeover coach, personal trainer, and mother of three. Marcy is passionate about helping women make over their lives from the inside out. To learn more about the courses Marcy offers, check out our partner website at www.thegoodlife4u.club. For daily inspiration, join Marcy's [Facebook Group: Love Your Day, Love Your Life](#).



A TWO WEEK PROGRAM



**2 WORKOUT VIDEOS
THAT CAN BE
COMPLETED IN
UNDER 30 MINUTES
EACH**

**TWO WEEKS OF
EASY MEAL PLANS
(that do not require
cooking)**



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