

LIVE LEAN

FIT TEST

ARE YOU LIVE LEAN FIT...YET?

As part of the Live Lean Nation, Jessica and I are committed to helping you and 999,999 other people just like you become the most fit and healthy person you deserve to be.

To help you get on the right track, we've created 5 categories with various fitness tests and benchmarks to strive towards.

Testing and setting benchmarks is extremely important as it gives you a clear sense of where you are today, and where you should be going moving forward.

As you know, being a Live Leaner is NOT about becoming a meathead that spends 16 hours a day in the gym.

Our goals for you are **NOT** to become a muscle bound, inflexible, and non-athletic bro that can't even fit through a door frame. Nor is it to become a skinny, energy-less, and weak looking zombie.



Living Lean is about:

Obtaining overall health and balance, with an emphasis on building aesthetically lean muscle that is conditioned to not only look good, but also be functional and fast, so you can perform like an athlete in all areas of your life.

The goal of creating the Live Lean Fit Test is simple.



Like anything in life, having benchmarks are critical to obtaining your goals.

So we've included a test for you to do that covers each aspect of becoming LIVE LEAN FIT.

The Live Lean Fit Test is broken out into 5 categories based on:

- Strength
- Athleticism
- Endurance
- Body Composition
- Mobility

Each category includes a test with benchmarks broken out for men and women as well as based on your training experience.

Now I have to be up front.

As a Live Leaner, no matter how well or how poorly you do on these tests.

You will take the results, own them, and you will allow them to drive you to get better.



You will not allow these results to bring you down or give you an excuse to quit.

As a Live Leaner, we are not quitters, we are all about striving for progress every day, not instant perfection.

Here are the benchmarks broken out based on 3 levels of experience:

LEVEL #1: LIVE LEAN ROOKIES

You are considered a Live Lean Rookie if you have been training consistently for less than 6 months. Base your Live Lean Fit Test results against those benchmarks.

LEVEL #2: LIVE LEAN SEMI-PRO

You are a Live Lean Semi-Pro if you have been training consistently between 6 months and 2 years. Base your Live Lean Fit Test results against those benchmarks.

LEVEL #3: LIVE LEAN PRO

You are a Live Lean Pro if you have been training consistently for over 2 years. Base your Live Lean Fit Test results against those benchmarks.

If you're ready, here are your...

LIVE LEAN FIT TESTS:

How this works:

1. Figure out which level of experience you fit into: Live Lean Rookie, Live Lean Semi-Pro, Live Lean Pro (see above for the definitions of each level of experience).
2. Figure out how much you weigh in pounds (lbs).
3. Make the simple calculations to figure out your specific benchmark based on your training experience and weight.

Note: if you don't train with weights, follow the bodyweight Muscle Endurance Fit Test.

Example:

If you are a **male** that weighs **175 lbs** and have been consistently training for **more than 2 years** your **Live Lean Fit Pro Barbell Back Squat** strength benchmark would be **305 lbs** for at least 1 rep (full range of motion with proper form) i.e $1.75 \times 175 \text{ lbs} = 305 \text{ lbs}$.

If you are a **female** that weighs **130 lbs** and have been consistently training **between 6 months and 2 years**, your **Live Lean Semi Pro Barbell Back Squat** strength benchmark would be **130 lbs** for at least 1 rep (full range of motion with proper form) i.e. $1 \times 130 \text{ lbs} = 130 \text{ lbs}$.

Here are the 5 Live Lean Fit Test categories and their respective tests and benchmarks.

CATEGORY #1: STRENGTH:

STRENGTH TEST #1: BARBELL BACK SQUAT:



[Watch Video Demonstration Video and Guide](#)

Barbell Back Squat: Targeted Muscles:

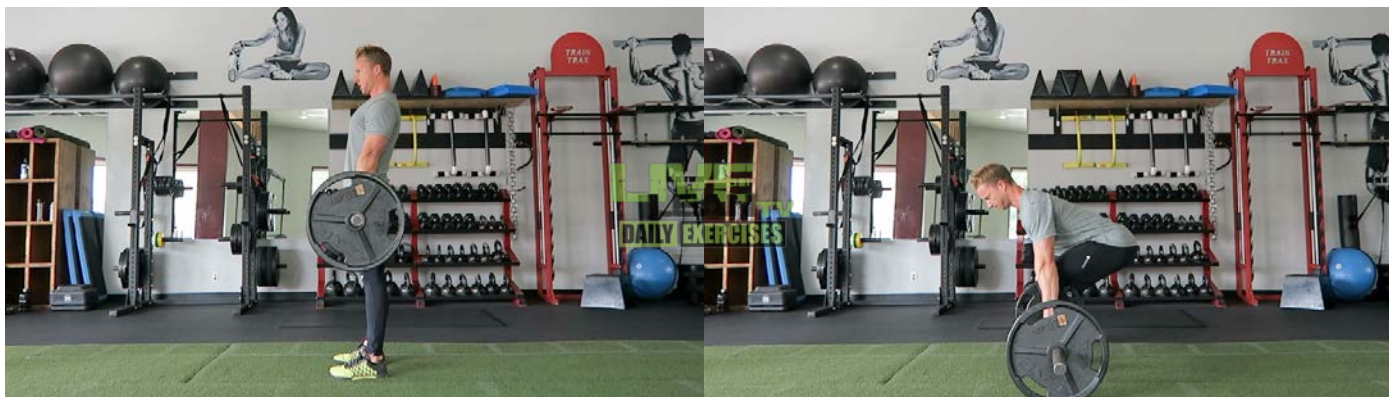
The Barbell Back Squat is one of the big 3 best bang for your buck exercises for strength and muscle building and total body fat loss. The back squat primarily targets your quadriceps, as well as your glutes, hamstrings, and calves.

To perform Barbell Back Squat:

1. With a hip width stance, place the barbell across the back of your shoulders and grasp it with an overhand grip.
2. While maintaining a natural arch in your back and keeping your torso upright, lower your body into a squat by bending at your hips, then knees, until your thighs reach parallel to the ground or deeper depending on your mobility.
3. Rise back up to standing by pressing the entire platform of your feet through the ground.
4. Repeat.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	1.15 x your bodyweight (in lbs)	0.75 x your bodyweight (in lbs)
LIVE LEAN SEMI-PRO	1.5 x your bodyweight	1 x your bodyweight
LIVE LEAN FIT PRO	1.75 x your bodyweight	1.25 x your bodyweight

STRENGTH TEST #2: BARBELL DEADLIFT:



[Watch Video Demonstration Video and Guide](#)

Barbell Deadlift: Targeted Muscles:

The barbell deadlift is another one of the big 3 bang for your buck exercises. It's a total body exercise that primarily targets your hamstrings and glutes, but also hits your back, shoulders, and core.

To perform Barbell Deadlift:

1. With the a hip width stance, walk up to the bar so it touches your shins.
2. Push your hips back, bend your knees, and grab the bar with an overhand grip just outside your legs.
3. While maintaining a flat back with your chest up, push your feet through the ground, lift the bar, and keep it close to your body throughout the movement.
4. Straighten your legs and move your hips forward at the top of the lift to fully contract your glutes and hamstrings.
5. Reverse the movement to lower the bar back to the floor and repeat.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	1.25 x your bodyweight (in lbs)	0.9 x your bodyweight (in lbs)
LIVE LEAN SEMI-PRO	1.75 x your bodyweight	1.25 x your bodyweight
LIVE LEAN FIT PRO	2 x your bodyweight	1.5 x your bodyweight

STRENGTH TEST #3: BARBELL FLAT BENCH PRESS:



[Watch Video Demonstration Video and Guide](#)

Barbell Flat Bench Press: Targeted Muscles:

The Barbell Flat Bench Press is another one of the big 3 bang for your buck exercises. It primarily targets your chest, as well as your triceps, and the front of your shoulders.

To perform Barbell Flat Bench Press:

1. Lie down with your back on top of a flat bench, feet planted firmly into the floor.
2. With a just outside shoulder width grip on the bar, lift the bar off the rack, and hold it with straight arms and wrists over your chest.
3. To ensure the tension is placed on your chest and not primarily on your shoulders, squeeze your shoulder blades back and down before lowering the weight.
4. Next, slowly lower the bar to just above your sternum by bending your elbows and pulling them down to your sides.
5. Contract your chest, push your head and back into the bench, and push the bar back up to the top of the lift, always ensuring the bar is in alignment and directly above your elbows.
6. Repeat.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	1 x your bodyweight (in lbs)	0.5 x your bodyweight (in lbs)
LIVE LEAN SEMI-PRO	1.25 x your bodyweight	.75 x your bodyweight
LIVE LEAN FIT PRO	1.5 x your bodyweight	1 x your bodyweight

STRENGTH TEST #4: PULL UPS



[Watch Video Demonstration Video and Guide](#)

Pull Up: Targeted Muscles:

The Pull Up is a fantastic bodyweight exercise that primarily targets the muscles in the back but also hits the biceps as well.

To perform Pullup:

1. With a shoulder width, overhand grip, grab a pull up bar with both of your hands and hang with your arms fully extended and your legs straight. If the bar is not high enough to hang with straight legs, interlock your feet and bend your knees behind you.
2. Initiate the move by contracting your back muscles to pull your chest up to the bar.
3. Keep your core tight, your glutes contracted, and your body in a straight line when pulling.
4. Then under control, slowly lower your body back to the starting position with your arms fully extended.
5. Repeat.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	5-6 Reps	10 sec hold in shortened/ flexed position
LIVE LEAN SEMI-PRO	10-14 Reps	2-4 Reps
LIVE LEAN FIT PRO	15+ Reps	5+ Reps

STRENGTH TEST #5: FOREARM PLANK



[Watch Video Demonstration Video and Guide](#)

Forearm Plank: Targeted Muscles:

The Forearm Plank is a great stabilization and strengthening exercise for your core.

To perform Forearm Plank:

1. Get into a traditional pushup position, then bend your elbows and plant your forearms into the floor by shifting your weight from your hands to your forearms.
2. Once you're in the forearm plank position, your body should be in a straight line from your feet to your head.
3. If you notice your hips are sagging or your butt is higher in the air, make sure you're contracting your abs as if you're bracing for someone to punch you in the stomach, as well as contracting your glutes, quads, hamstrings, and pressing your forearms into the ground to turn your body into a straight line like a board.
4. Hold this movement in for the desired time.
5. If you can't reach your desired time, do it in intervals, plank for 10 seconds, rest for 5 seconds, etc until you hit your time goal.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	1-1:59 minutes	1-1:59 minutes
LIVE LEAN SEMI-PRO	2-2:59 minutes	2-2:59 minutes
LIVE LEAN FIT PRO	3+ minutes	3+ minutes

ALTERNATIVE TEST

If you don't train with weights, replace the bench press, barbell squat, and barbell deadlift with the following bodyweight Muscle Endurance test:

PUSHUP



[Watch Video Demonstration Video and Guide](#)

Pushup: Targeted Muscles:

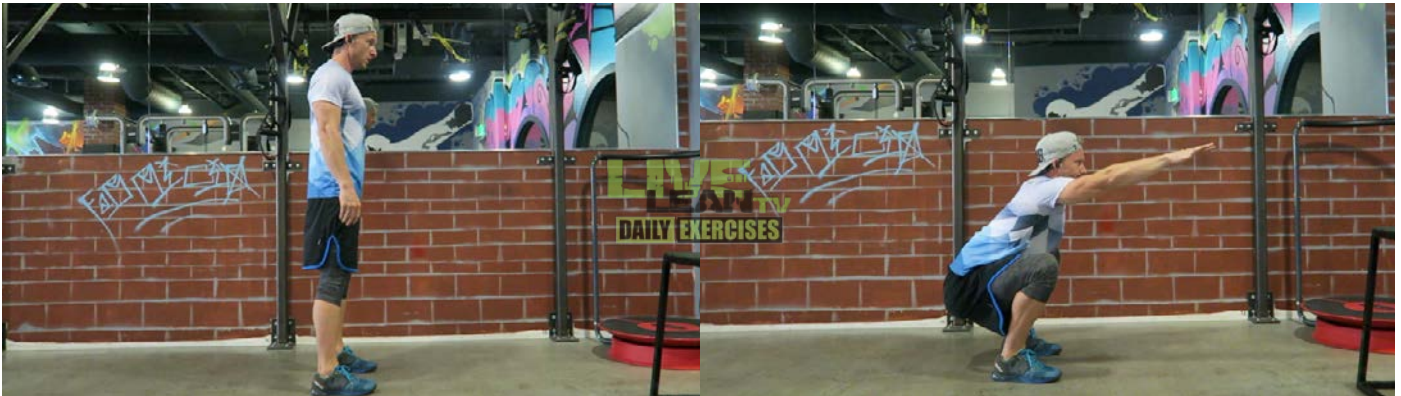
The Pushup is one of the classic bodyweight exercises that targets the chest, triceps, and shoulders, and can be done anywhere as it requires no equipment.

To perform Pushup:

1. Get down on the floor with your arms straight, hands just outside shoulder width and directly below your shoulders.
2. Ensure your body maintains a straight line from your feet all the way up to your head. To keep your body rigid in a straight line, and reduce any sagging, keep your abs, your glutes, your quads, and hamstrings tight throughout the movement.
3. To lower your body to the ground, bend your elbows until your chest hovers just above the ground.
4. Contract your chest and triceps to push yourself back up to the beginning position.
5. Repeat.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	30 Reps	8 Reps
LIVE LEAN SEMI-PRO	40 Reps	15 Reps
LIVE LEAN FIT PRO	50+ Reps	20+ Reps

AIR SQUAT



[Watch Video Demonstration Video and Guide](#)

Air Squats Targeted Muscles:

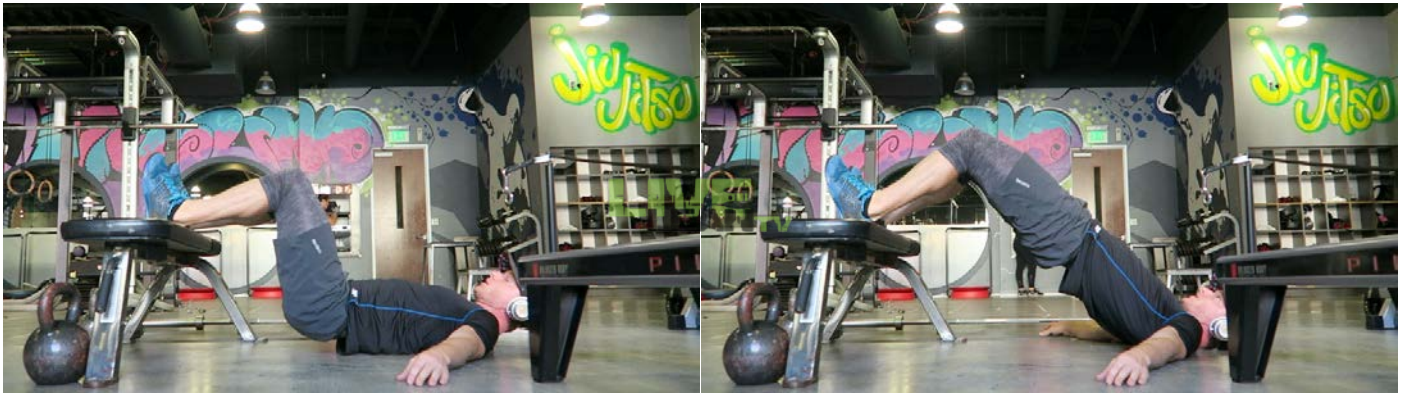
Air Squats are a great compound bodyweight exercise that primarily targets the quadriceps, hamstrings, and glutes.

To perform Air Squats:

1. With a shoulder width stance begin the squat by first bending at the hips by descending back and down until your hips drop below your knees while keeping the natural arch in your back.
2. The entire bottom of your foot, especially your heels, should remain in contact with the floor at all times with your knees in line with your toes.
3. Now press your feet through the ground to rise back up, fully extending your knees and hips and contracting your glutes at the top of the air squat.
4. Repeat.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	25 Reps	25 Reps
LIVE LEAN SEMI-PRO	50 Reps	50 Reps
LIVE LEAN FIT PRO	75+ Reps	75+ Reps

FEET ELEVATED HIP THRUST



[Watch Video Demonstration Video and Guide](#)

Feet Elevated Hip Thrust: Targeted Muscles:

The Feet Elevated Hip Thrust is another advanced progression of the hip thrust that targets your glutes and hamstrings.

To perform Feet Elevated Hip Thrust:

1. Lie down with your back on the floor, arms extended out to the sides, and place your feet on a stable bench, box, couch, or chair.
2. Raise and extend your hips to create a straight line from your knees to your shoulders by pressing your feet into the bench while keeping your core contracted.
3. Pause and squeeze your glutes hard.
4. Under control, slowly lower your glutes back towards the floor and repeat without touching the floor.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	15 Reps	15 Reps
LIVE LEAN SEMI-PRO	20 Reps	20 Reps
LIVE LEAN FIT PRO	30+ Reps	30+ Reps

CATEGORY #2: ATHLETICISM

JUMPING

BOX JUMP:



[Watch Video Demonstration Video and Guide](#)

Box Jump: Targeted Muscles:

Box Jumps are a great exercise to help build power, athleticism, and prime the nervous system to get stronger.

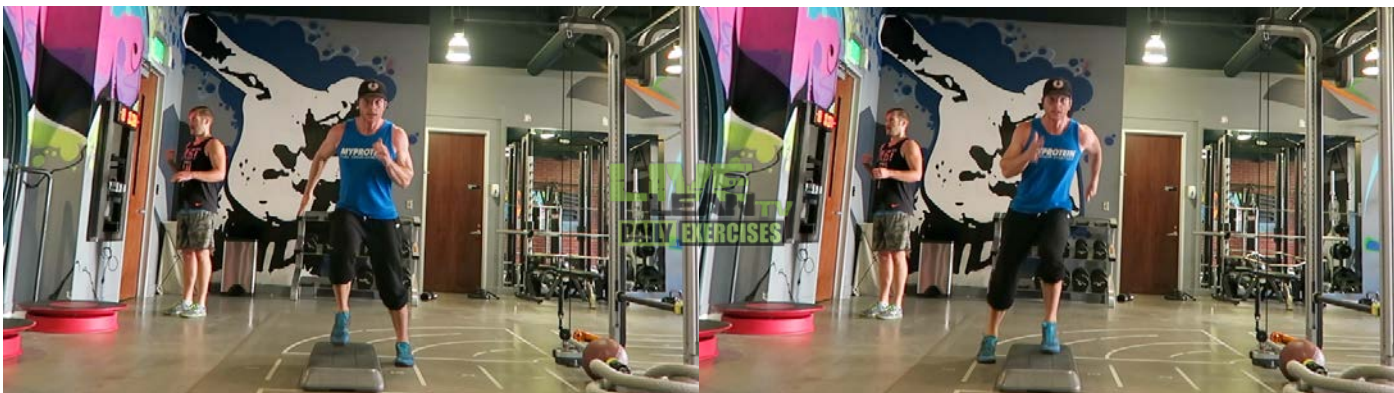
To perform Box Jump:

1. Stand in front of a box with both feet firmly planted into the ground.
2. Raise your arms up, swing them back while pushing your hips back, then explode up by extending fully at the hips while swinging your arms back up.
3. It's important to land softly with both feet on the box and stick the landing in a squat position, chest up, eyes forward, with your abs contracted.
4. Step off the box onto a shorter box rather than jumping directly down to the floor to minimize strain on the knees.
5. Repeat.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	Standing jump on top of a box that is at least to your knees.
LIVE LEAN SEMI-PRO	Standing jump on top of a box that is at least to the bottom of your glutes.
LIVE LEAN FIT PRO	Standing jump on top of a box that is at least to your belly button.

FAST FEET

SIDE TO SIDE STEP DOUBLE TAPS:



[Watch Video Demonstration Video and Guide](#)

Fast Feet Side To Side Step Double Taps: Targeted Muscles:

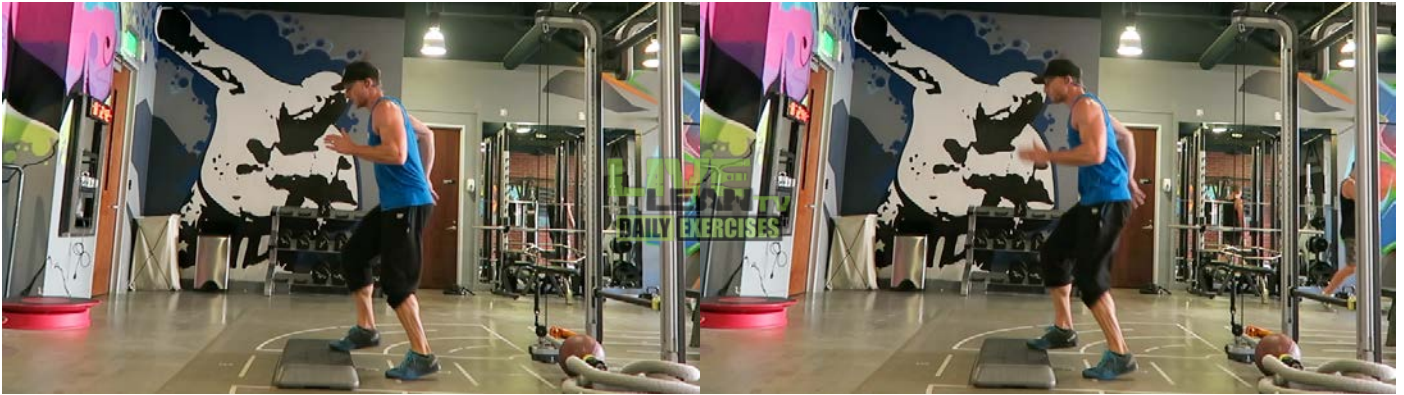
Side To Side Step Double Taps is a great fast feet exercise to rev up your heart rate and improve coordination, agility, and athleticism.

To Perform Fast Feet Side To Side Step Double Taps:

1. Place one foot on top of a step.
2. Explosively press off on the foot on the step and place it back on the floor while bringing your other foot on top of the step.
3. Double tap the foot on the step to increase foot speed and coordination.
4. Pump your arms as if you're sprinting and continue to go side to side as fast as you can.
5. It will be challenging in the beginning to get your feet to move fast, but with time, you'll will improve your quickness

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	20/leg in 30 seconds
LIVE LEAN SEMI-PRO	25/leg in 30 seconds
LIVE LEAN FIT PRO	30/leg in 30 seconds

STEP TOE TAPS:



[Watch Video Demonstration Video and Guide](#)

Fast Feet Step Toe Taps: Targeted Muscles:

Step Toe Taps are a great cardio exercise to rev up your heart rate while improving coordination and footwork.

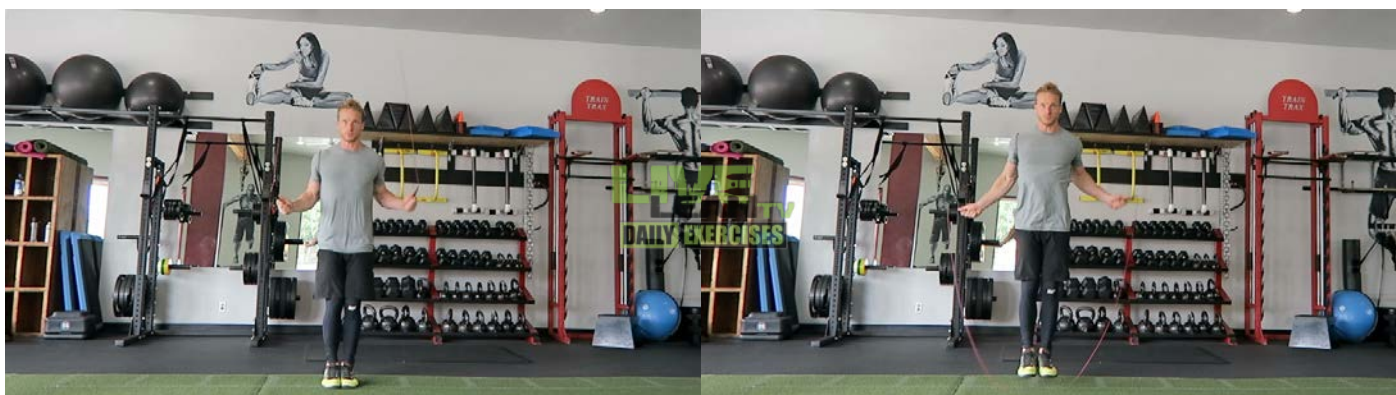
To Perform Fast Feet Step Toe Taps:

1. Start with one foot on top of a step, then quickly alternate feet back and forth, tapping the step every time.
2. Keep your core tight, stay on the balls of your feet the entire time, and drive your arms forward and backward like an athlete. This will build more speed and train your feet to move faster.
3. Remember, the goal is quick feet, so you're just tapping the step, you're not actually stepping up on it.
4. Keep alternating feet until you reach your desired time or reps.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	25/leg in 30 seconds
LIVE LEAN SEMI-PRO	35/leg in 30 seconds
LIVE LEAN FIT PRO	40/leg in 30 seconds

COORDINATION

SPEED JUMP ROPE:



[Watch Video Demonstration Video and Guide](#)

Speed Jump Rope: Targeted Muscles:

Jump Rope is one of my favorite cardio style exercises.

To perform Speed Jump Rope:

1. Hold the ends of the jump rope in each hand.
2. With your feet hip-width apart, slightly bend your knees, and push the balls of your feet through the ground to jump up, point your toes to the ground, and with your hands by your waist, quickly rotate your wrists to make small circles to revolve the rope around your body.
3. Land softly on your toes, and quickly push off again from the balls of your feet. The idea is to jump over the rope as quickly as possible with a slight hop. Don't think of jumping as high as you can, think about bouncing on the balls of your feet.
4. To make it harder, do double unders. This is when the rope revolves under your feet twice within one jump. Once again, the idea is not to just jump higher, the speed comes from the quick rotation of your wrists.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	120 jumps in 60 seconds
LIVE LEAN SEMI-PRO	140 jumps in 60 seconds
LIVE LEAN FIT PRO	160 jumps in 60 seconds

DOUBLE UNDERS JUMP ROPE:



[Watch Video Demonstration Video and Guide](#)

Double Under Jump Rope: Targeted Muscles:

Double Under Jump Rope is a more advanced version of the speed jump rope exercise.

To perform Double Under Jump Rope:

1. Hold the ends of the jump rope in each hand.
2. With your feet hip-width apart, slightly bend your knees, and push the balls of your feet through the ground to jump up, point your toes to the ground, and with your hands by your waist quickly rotate your wrists to make small circles to revolve the rope under your feet twice within one jump.
3. Land softly on your toes, and quickly push off again from the balls of your feet.
4. Once again, the idea is not to just jump higher, the speed of the double under comes from the quick rotation of your wrists.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	60 jumps in 60 seconds
LIVE LEAN SEMI-PRO	80 jumps in 60 seconds
LIVE LEAN FIT PRO	90 jumps in 60 seconds

AGILITY

SUICIDE DRILLS:



[Watch Video Demonstration Video and Guide](#)

Suicide Drills: Targeted Muscles:

A good test for agility and quickness is performing suicide drills. Start by placing 3 cones or imaginary lines 15 yards, 10 yards, and 5 yards apart.

To perform Suicide Drills:

1. Now begin at the start line and sprint 15 yds as fast as you can, touch the line, then sprint back to the start and touch the line, then immediately sprint 10 yds, touch the line, then back to the start and touch the line, then immediately sprint the last 5 yds, touch the line, then finish by sprinting back to start and touch the line.
2. Repeat and record your best time.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	Less than 17 sec
LIVE LEAN SEMI-PRO	Less than 15 sec
LIVE LEAN FIT PRO	Less than 13 sec

CATEGORY #3: ENDURANCE

1 MILE RUN:



LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	8:00 minutes
LIVE LEAN SEMI-PRO	7:00 minutes
LIVE LEAN FIT PRO	6:00 minutes

CATEGORY #4: BODY COMPOSITION

BODY FAT ANALYSIS:

Measure your body fat % using calipers, DEXA, hydrostatic, bioelectric impedance analysis, or any other body fat % measurement.

LEVEL	MEN	WOMEN
LIVE LEAN ROOKIE	15-20%	22.1-25%
LIVE LEAN SEMI-PRO	10-14.9%	17.1-22%
LIVE LEAN FIT PRO	5-9.9%	13-17%

ALTERNATIVE MEASUREMENT:

Height to Hip Ratio (if you don't have access to getting a body fat analysis done):

1. Measure your height in inches.
2. Measure the circumference of your waist in inches.
3. In inches, divide your height/waist.

Pass: if your waist is less than 50% of your height.

Time to get serious: if your waist is more than 50% of your height.

CATEGORY #5: MOBILITY

SHOULDERS

SHOULDERS MOBILITY TEST:



LIVE LEAN ROOKIE

LIVE LEAN SEMI-PRO

LIVE LEAN FIT PRO

[Watch Video Demonstration Video and Guide](#)

Shoulder Mobility Test: Targeted Muscles:

The Shoulder Mobility Test is a great way to test mobility and flexibility in your shoulders.

To perform Shoulder Mobility Test:

1. While standing, raise your right arm over your head. Bend your elbow and reach your palm down between your shoulder blades.
2. With your left arm, reach behind you so the back of your hand touches your mid back and reach to touch the fingers on your right hand.
3. Measure the distance between your fingertips.
4. Repeat but this time switch arms, ie. left arm over your head, right arm up your mid back.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	Your fingers are less than 2 inches apart.
LIVE LEAN SEMI-PRO	You can touch your fingers.
LIVE LEAN FIT PRO	You can interlock your fingers.

NEEDS IMPROVEMENT: YOUR FINGERS ARE MORE THAN 2 INCHES APART.

HIPS

COUCH STRETCH MOBILITY TEST:



[Watch Video Demonstration Video and Guide](#)

Couch Stretch Mobility Test: Targeted Muscles:

The Couch Stretch Mobility Test is a great way to improve mobility and flexibility in the hips.

To perform Couch Stretch Mobility Test:

1. Get down on your hands and knees with your feet against a wall or couch. Keeping one knee on the floor, lift the opposite foot and slide it up the wall (or the front of the couch) until the top of your foot and shin is flat against the wall. Step forward with the opposite leg so your foot is directly below your knee.
2. Lift your torso up so it's inline with your quad on the back leg. Squeeze your glutes and contract your hamstrings by trying to pull your heel to your butt.
3. Set the timer, hold, and repeat with the other leg.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	60 seconds/leg
LIVE LEAN SEMI-PRO	90 seconds/leg
LIVE LEAN FIT PRO	120 seconds/leg

NEEDS IMPROVEMENT: IF YOU CAN NOT GET INTO THE POSITION SAFELY.

ANKLES

ANKLE DORSIFLEXION MOBILITY TEST:



[Watch Video Demonstration Video and Guide](#)

Ankle Dorsiflexion Mobility Test: Targeted Muscles:

The Ankle Dorsiflexion Mobility Test is a great way to test mobility and flexibility in your ankles.

To perform Ankle Dorsiflexion Mobility Test:

1. Take off your shoes and socks.
2. Stand beside a wall with one foot forward, toes pointing straight ahead, and the other foot back.
3. With your front knee, lean forward, without allowing your knee to track inwards or outwards, and try to touch your knee to the wall without allowing your heel to lift off the floor.
4. Move your front foot as far away from the wall as you can while still being able to touch your front knee to the wall (without lifting your heel).
5. Measure the distance from your big toe to the wall.
6. Repeat for the other foot.

LEVEL	MEN & WOMEN
LIVE LEAN ROOKIE	2-2.9 inches
LIVE LEAN SEMI-PRO	3-3.9 inches
LIVE LEAN FIT PRO	4+ inches

NEEDS IMPROVEMENT: LESS THAN 2 INCHES.

YOUR RESULTS:

CATEGORY #1: STRENGTH

TEST	RESULTS
BARBELL BACK SQUAT	
BARBELL DEADLIFT	
BARBELL FLAT BENCH PRESS	
PULL UPS	
FOREARM PLANK	

ALTERNATIVE TEST

TEST	RESULTS
PUSHUP	
AIR SQUAT	
FEET ELEVATED HIP THRUST	

CATEGORY #2: ATHLETICISM

TEST	RESULTS
BOX JUMP	
SIDE TO SIDE STEP DOUBLE TAPS	
STEP TOE TAPS	
SPEED JUMP ROPE	
DOUBLE UNDERS JUMP ROPE	
SUICIDES	

CATEGORY #3: ENDURANCE

TEST	RESULTS
1 MILE RUN	

CATEGORY #4: BODY COMPOSITION

TEST	RESULTS
BODY FAT ANALYSIS	

CATEGORY #5: MOBILITY

TEST	RESULTS
SHOULDERS MOBILITY TEST	
COUCH STRETCH MOBILITY TEST	
ANKLE DORSIFLEXION MOBILITY TEST	

WHATS YOUR NEXT STEP?

The goal of this Live Lean Fit Test is to give you a baseline of where you stand today and measure that against our Live Lean Fit benchmarks.

By completing this Live Lean Fit Test you should now have clarity on the areas where you need to improve to reach Live Lean Fit Pro status.

The most effective and efficient way to do that is to get on a suitable program that is tailored to your specific goal.

To find an incredibly awesome fitness program that can help you reach Live Lean Pro status faster, check out our Live Lean Store page at:

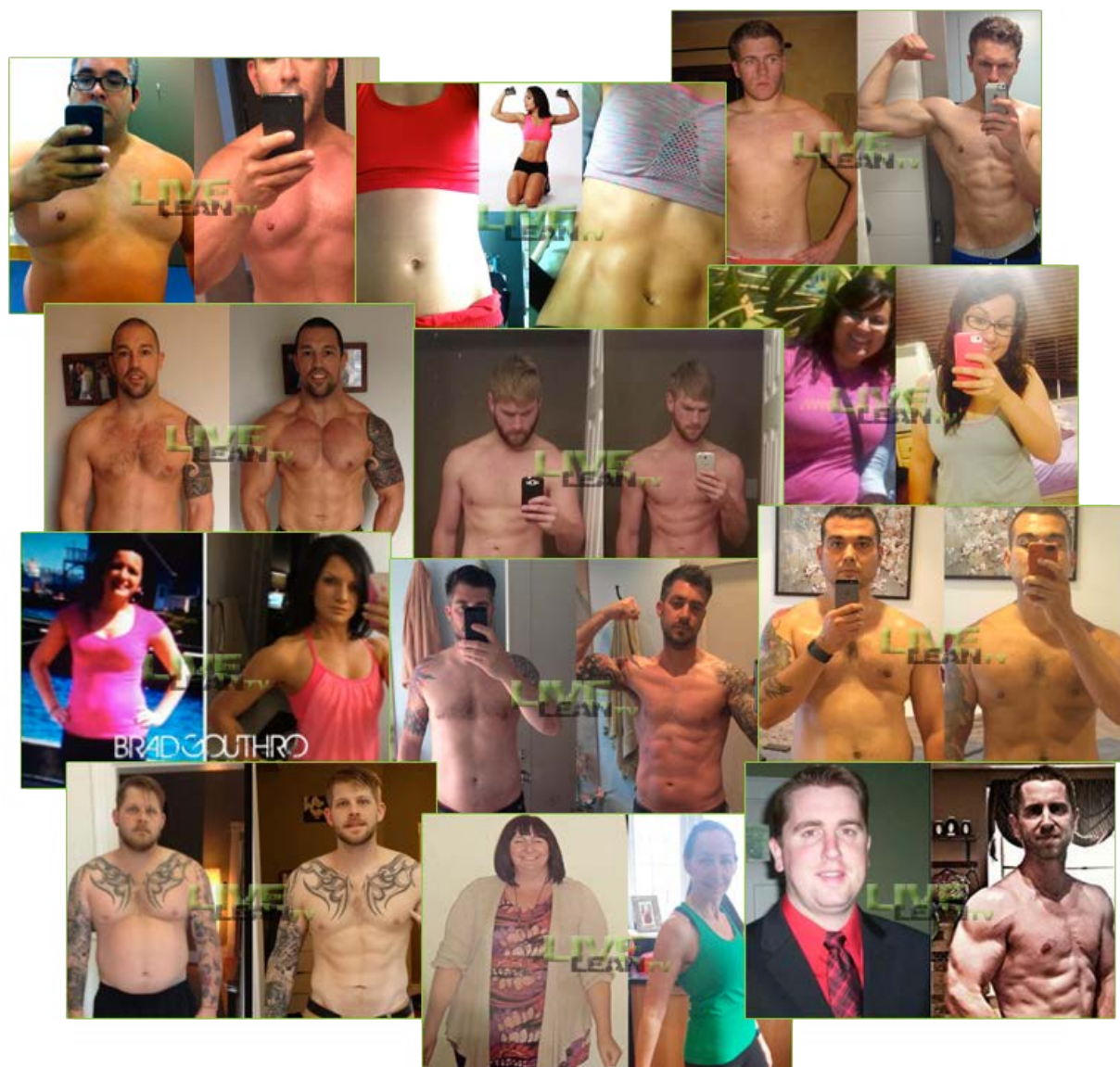
LiveLeanTV.com/store

Or if you're looking for Jessica to create you a customized program to fit your exact needs, apply to our VIP coaching program: LiveLeanTV.com/coaching

Your time is now. Let's do this!

SEND US YOUR SUCCESS STORIES!

Your success fuels our passion. We want to, no we **NEED** to, see your results. Not only does taking your before and after pictures keep you accountable, it also inspires hundreds of thousands of other people all over the world to make the choice to change your health, just like you did.



Please email your before and after photos, along with a 2-3 sentence testimonial, and your name and city/country to info@liveleantv.com. We can't wait to hear from you and celebrate your success with you. Who knows, maybe you'll end up featured on our LiveLeanTV.com Success Stories page: LiveLeanTV.com/testimonials! KEEP LIVING LEAN!

- COACHES BRAD AND JESS

HERE'S YOUR ALL ACCESS PASS TO JOIN THE TEAM THAT LIVES LEAN 365!

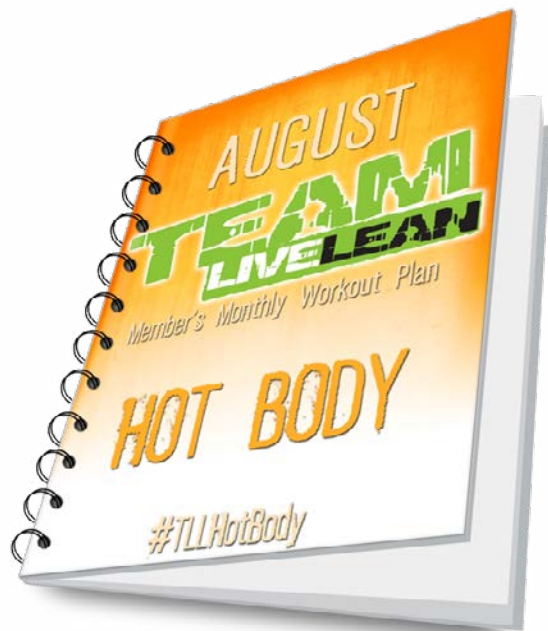


**GO TO WWW.TEAMLIVELEAN.COM AND START LIVING
LEAN NOW**

Use Coupon Code: **liveleanfit** at checkout for **50% off** your
first month's membership

At the end of the 30 days, you will be charged the full monthly price.

WHAT YOU'LL GET EVERY MONTH ONCE YOU BECOME A MEMBER OF TEAM LIVE LEAN:



Monthly Workout Plan



Recipe Cooking Videos



Weekly Meal Plan



Use Coupon Code: **liveleanfit** at checkout for **50% off** your first month's membership

At the end of the 30 days, you will be charged the full monthly price.