



HOW LONG WILL IT TAKE TO SEE RESULTS?

'It depends'. Your definition of results will vary to others. However, there HAS to be due diligence with all areas of your health and fitness in order to see the results you require. Simply just focusing on exercise, without focusing on nutrition and recovery, may hinder your ability to see the results you seek faster. The 12-week time frame you have on the FL3 Program is plenty of time to see results, and some will experience that faster if they apply themselves correctly.



HOW LONG DO I HAVE TO DO THE FL3 PROGRAM FOR?

Initially, it is a 12-week commitment with the option of extending your access to the FL3 Program if required. This isn't a 6-week fast fat-burning fad program. We want to show you how to implement training and nutritional habits into your lifestyle, an hope that you have the tools and education to adhere to your health and fitness goals upon completion of the 12-week commitment.



WHAT IF THE FL3 PLAN DOESN'T WORK FOR ME?

We understand that 'life' can get in the way and throw you off track but equally, we believe we have covered the best possible angles to ensure you can achieve your health and fitness goals using the FL3 Program. We encourage you to communicate with our team throughout your journey, to ensure that this will work for you.



WHAT IF I CAN'T AFFORD IT NOW?

Please get in touch with us if your current situation prevents you from being able to financially commit to the FL3 Program. We have priced the FL3 Foundation program as low as we possibly could to enable more individuals to commit so naturally we would be upset if you weren't able to find a way to join.



WHAT MEAL PLANS DO YOU PROVIDE?

You don't need a meal plan that gives you only 5-6 choices to eat every day. We provide you with the tools to help make better choices, and ultimately ensure you are eating in accordance with your goals and lifestyle. Our applicable nutritional guidelines, along with our recipe packs will help ensure you stay on track and enjoy the process.