

# Top Level Strong

## Welcome

Dear TopLevelStrong Member,  
Welcome and Congratulations!

You have made the decision to join Naperville's most comprehensive and best training program. You are going to experience amazing results with this Program because it is jam-packed with every effective strategy, technique and trick that I know. You get the motivation, guidance and support you need to make a laser fast transformation. Part of the reason our program works so well is the community of support we have developed through our Facebook Group. Please go to the link below and request to be added so that you too can share in the knowledge and encouragement that our Top Level Fitness Family has to offer.

[www.6WeeksChallengeFacebookPage.com](http://www.6WeeksChallengeFacebookPage.com)

Another reason why our program works is that our training is based around circuit training. In addition to the workouts you attend, the link below allows you to down load simple circuits that you can do right in your home with a set of dumbbells and a medicine ball.

Now that you have everything you need, get ready for the experience of a lifetime.

Zack

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