Change home page slider from

One page multi-purpose theme to live your dream build the body you’ve always wanted

Change Take the road less travelled to results for life programs that are sustainable for life and not just for 12 weeks. And then change box on the bottom to don’t believe me? See the results

Delete bringing you proven results

Change our services to our philosophy

Then add – to craft your dream body you must have control of the day to day aspects of life to do this you need CONSCITENCY KNOWLEDGE and TIME

We develop your potential ability and understanding to live a flexible life and attain your goals

Change icons and headings in next row

Training – weight icon

Diet – food icon

Knowledge – book icon

Delete the rest of the icons

Then I will need to be shown how to edit the text that needs to be generated for these icons

Skills table:

Remove get interactive

Change skills table to what you should know

Change text to:

The average thought about the word “DIET” is to assume it is something to be completed over a short term period and certainly not to be enjoyed!

The reality is that your Diet is something that you live with every day and directly impacts how you look, feel and act. Therefore we focus on a flexible approach that teaches you about food and shifts you from dieting to a lifestyle change that can be maintained and enjoyed for the rest of your life

SKILLS TREE:

Need 4 icons

Diet 75% – same as icon above

Training 35% - same as icon above

Diet + Training 100% - don’t know about an icon here yet

Results 100% - graph

Then need to be shown how to edit the text inside the skills tree

PORTFOLIO:

Change showcasing our adventures to showcasing our clients

Change portfolio to RESULTS

Then need a sliding bar with quotes from clients inside between 5 – 10 different slides

PACKAGES:

remove packages icon

ABOUT US:

Change to a simple text block then be shown how to edit

OUR TEAM

Remove writing above OUR TEAM

Change image

Be shown how to edit text

STAY UP TO DATE

Change to blog

Shown ho to edit contact us

Remove map

Integrate email with email provider