



# EXOS Transform

If you're ready for a complete transformation, this is the program for you. Utilizing EXOS' four pillar approach of movement, mindset, nutrition and recovery, this intensive program provides extremely individualized assessments, training, education and support, so you're sure to see the results you are after.

## 6-Week Program Includes:

- » Initial assessment with Functional Movement Screen
- » Six training sessions per week
- » At-home workout plan
- » EXOS nutrition playbook
- » Pre/Post workout supplements at each session
- » 6-week supply of multi-vitamins and fish oil
- » Weekly check-ins/food journal review with your dietitian
- » Weekly check-in call with your coach
- » Bi-weekly weigh-ins & body composition testing
- » 3-day signature meal services trial
- » Discounts on supplements
- » Swag bag, including t-shirt and shaker bottle

If you're ready for a transformation, call 701.732.SPORT for details or to register.

[altru.org/sport](http://altru.org/sport)

  
**Advanced  
Orthopedics**