

Michelle Bridges



Body

TRANSFORMATION



**12 WEEKS TO CHANGE YOUR BODY
FOR THE REST OF YOUR LIFE**

www.12wbt.com

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It's your time to shine!



Who would have thought I'd be doing this stuff a few months ago...from couch potato to can't get enough!

Julie, aka. 'Hoffy'
Melbourne, VIC



I'm keeping this up forever now! It's not a diet, it's a transformation!

Tracey, aka. 'Trace Elements'
Sandy Beach, NSW



I've lost 17.6kg this round. Im thrilled! It's a total of 13.8% body fat. All up I've lost 37.7kg and 25.5%. OMG is this me?!?

Meegan, aka. 'Meegs'
Sydney, NSW

It's Crunch Time!

Whether you have a lot of weight to lose,
or simply want to reshape and tone up,
join my team, have some fun and lets do it together!

Michelle Bridges
Lxx

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