

LET'S DO THIS THING

WHERE TO START?

JUST GETTING STARTED WITH LSF?

READY TO TAKE YOUR FITNESS AND RESULTS TO THE NEXT LEVEL?

1. TAKE YOUR "BEFORE" PHOTOS. TRUST US, YOU'RE GONNA WANT TO DOCUMENT YOUR INSANE TRANSFORMATION. CHECK OUT OUR TOP TIPS + TRICKS [HERE](#).

2. [DOWNLOAD YOUR FREE 7-DAY APP TRIAL](#).

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3. PICK YOUR PREMIUM PLAN

3. EACH DAY, DO YOUR DAILY 10 MOVES

4. EACH DAY, COMPLETE YOUR PREMIUM APP WORKOUT.

5. ADD IN THE DAILY 10 MOVES FOR A WARM-UP, FINISHER, OR WHENEVER YOU HAVE A FREE FEW MINS! WE KNOW YOU DO.

FOLLOW THE [LSF NUTRITION PLAN](#) TO GET MAXIMUM RESULTS.

6. WEEKLY, A NEW SSU VIDEO WILL BE RELEASED AS A BONUS WORKOUT.