

The BOD Australia



PO Box 2601
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Australia

With thousands of successful clients spanning over a decade along with their experience through managing their own gym Hold Your Own, the couple truly understands what it takes to get you the best results from your training and nutrition! THE BOD truly is a next level program designed with real people in mind at every stage of their journey. It has been developed by a team of qualified nutritionists and master trainers with many years in the health and fitness industry. Over two years were spent solely on the development of this program doing hours of vigorous testing on clients, refining the programs and ensuring it really does deliver for each fitness level, skill ability and nutrition requirements.

With a team of qualified coaches on board to help you with any road blocks you may face – together you WILL succeed. We've removed the ongoing costs of having us create a custom program for you without sacrificing quality, experience, qualifications, support or knowledge. THE BOD is designed to build muscle and increase strength and fitness while lowering your body fat levels.

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