<u>Ashleyborden.com</u> ashleyborden@ashleyborden.com

If you want to chat about a 5 series package of fine tuning your form, email me and let's create a doable gameplan.

Muscles Over Menopause 5.0

- IF YOU WANT TO JOIN CLICK HERE READ AND JOIN ASAP SO I GET YOU SET UP. How to sign up (this also has all of the info and purchase links, here.)
- Every FAQ you can think of, <u>here</u>.
 Everything is sent to you for replay if you can't make it live!
- We started yesterday, Monday for our first upper body movement review class. You have access to that video you want to take a peek at it, <u>here.</u>
- And If not this time around for you, pop your name <u>here</u>, so I can keep you in the loop of everything coming up in 2025!

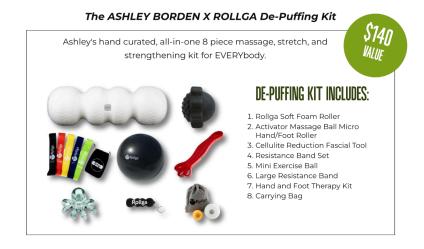
Rollga Foam Rollers: (ASH20ROLLGA for 20% off)

- Softest density roller, here. (If you're new to foam rolling, I suggest this one)
- Medium density roller, here. (If you have experience foam rolling, I suggest this one)

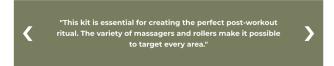
• **De-Puffing Kit** (comes with the SOFT Rollga roller and 7 other body tools), the discount is already taken at checkout, here.

NEW BONUS ADDED:

THE FIRST FIVE PEOPLE TO REGISTER WILL GET MY EXCLUSIVE DEPUFFING KIT *FOR FREE!*



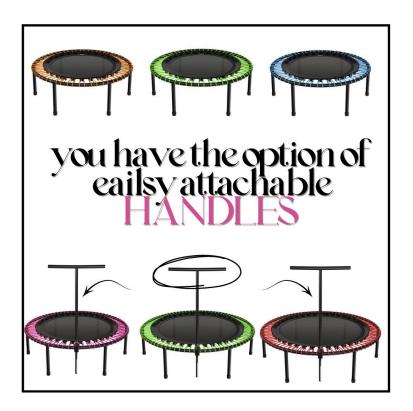
DEPUFFING KIT 5 STAR REVIEWS



Protein Powder + Creatine I love and easy on the tummy:

- Nitor Protein powder (Use Ashley10 for 10% off), here.
 You only add 4 ox of water, shake, gulp and go! I also use these. shaker cups.
- Creatine: Gainful is a fantastic brand. You get 30% off your first order, here.
 Just in case they need your discount code too- it's ASHLEY30.

Bellicon Rebounders: Check them out, here.



It was such a pleasure meeting all of you yesterday! I hope this info helps, and if you have ANY questions, please email me and I'll help. (ashleyborden.com)

XO, Ashley