

Ashleyborden.com

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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, [here.](#) 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, [here.](#)
- And If not this time around for you, pop your name [here.](#) 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!*

The ASHLEY BORDEN X ROLLGA De-Puffing Kit

Ashley's hand curated, all-in-one 8 piece massage, stretch, and strengthening kit for EVERYbody.

**\$140
VALUE**



DE-PUFFING KIT INCLUDES:

1. Rollga Soft Foam Roller
2. Activator Massage Ball Micro Hand/Foot Roller
3. Cellulite Reduction Fascial Tool
4. Resistance Band Set
5. Mini Exercise Ball
6. Large Resistance Band
7. Hand and Foot Therapy Kit
8. Carrying Bag

DEPUFFING KIT 5 STAR REVIEWS

◀ "This kit is essential for creating the perfect post-workout ritual. The variety of massagers and rollers make it possible to target every area." ▶

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

- Nitor Protein powder (Use Ashley10 for 10% off), [here](#).
You only add 4 oz 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@ashleyborden.com)

XO,
Ashley