

BONUS CONTENT



Minimalift Program Overview



Minimalift Full Interview



Matt Learns the Kettlebell Swing



8 week check in



Thank you for purchasing Minimalift! I hope you enjoy the workouts as much as I enjoyed writing them!

As an extra thank-you for your support, I want to extend you a Minimalift exclusive offer to join me on my workout app, Ganbaru. You'll be able to add and track your Minimalift workouts in one easy-to-use platform.

With the Ganbaru Workout App, you'll get:

- +100 full programs from me and my hand-picked team of expert coaches
- Detailed workout log to track your progress
- Diet tracker that automatically adjusts to keep you on track
- Supportive community of over 70,000 members, myself and the other coaches to guide you on your journey.

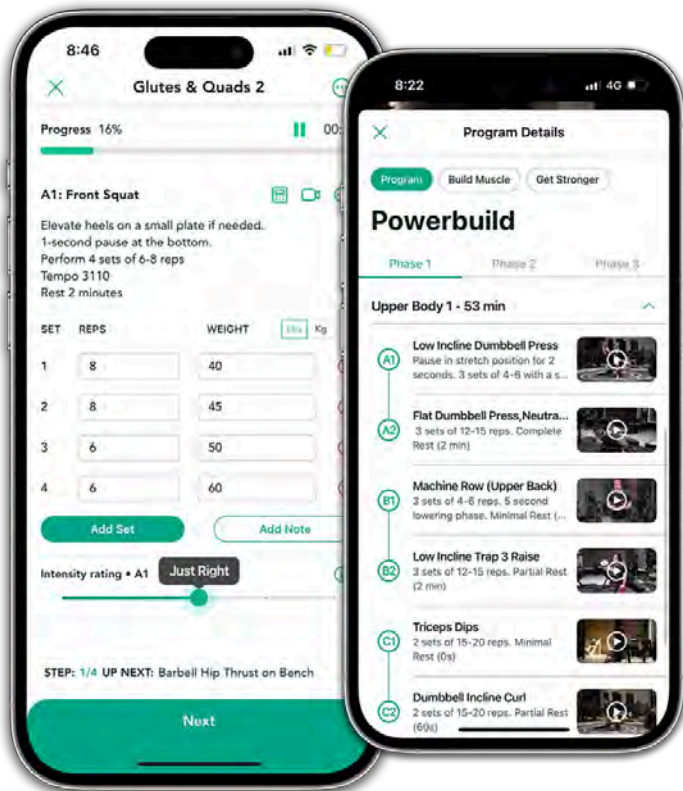
We're constantly building, improving and upgrading the user experience in the app and adding new programs and coaches to bring you the absolute best fitness experience possible.

Hope to see you in the community!

Eugene

MINIMALIFT BONUS - 50% OFF

PUT YOUR WORKOUTS ON AUTO-PILOT



- Custom workout tracker
- Supportive community of over 70,000 members
- Direct access to Eugene for personal coaching advice
- +100 programs for all levels

Unlock Your Free Trial

Get an extended 14 day trial & save 50% off Pro Access to the Ganbaru workout app by using code **"Minimalift"** at checkout

