



2 Lee Road, Kamfinsa 
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DEAR Aspiring Client,

BE THE BEST VERSION YOU CAN BE!

SweatNation Fitness is excited to bring this very convenient program to YOU. We cannot wait to see how you transform. We are excited to teach, educate and help transform you to being the best version of you! Your road to a healthier and better body starts here. Welcome to THE GRIND100.

This Journey involves 5 days of training per week leading up to 100 days in total. Nutrition is a big Part of this journey we will provide nutritional advice that will help improve your health as well as your body.

How Does It work?

All You have to do is give it 100% of your effort and see how you transform in 100 days. Training Programs will be uploaded daily on a specially created and secure FB Platform which you will be added onto after completion of your form online form and payment for the program. You can access your daily programs from your phone, laptop or whatever device you may have as long as you have internet access.

The objective is to create a community which encourages, inspires and motivates each other as You All strive for the same Goal. You will have access to the trainer (Barbs) at specific times to ask questions, check in, share pictures, cooking ideas etc as well as our team of professionals that bring their own expert experiences to help you.

This Program suits All, from the hectic mum to the busy Corporate. The exercises put together here can be done daily in the comfort of your home, office, hotel room or even in a gym at a time that suits you. The program is mostly own-bodyweight-based but added resistance is required and this can be in the form of kettlebells, dumbbells, resistance bands or items found in your home that provide the weight, resistance or form required. Depending on pace or fitness level workouts can be completed anywhere between 30 minutes to 45 minutes.

You can Sign up as an Individual or encourage your friends to join alongside you. If you are interested in participating, please respond by completing the online form that is in the following email. Please fill in and send back. We in turn will send you an invoice after we have read over your questionnaire answers. Should you have an existing Medical condition please Speak to Your physician and get cleared for physical activity.

How much does it cost?

The program is priced at **\$1 A DAY!!!!!!**. The duration of the Program is 100 days which brings the total to \$100. if you reside in Zimbabwe payments can be done at The SweatNation Wellbeing Centre in Chisipite, or via Sendittoo. If you are



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abroad you can make payments Via Senditoo or paypal (please request for details). Please note, payment is required in full before the commencement of your program.

We offer a 10% discount if you refer a friend that sign up with us. If you would like to do the program for free get 10 friends to sign up!

How will I track Progress?

You will be required to follow the 'AT HOME' instructions which are explained in a video attached to your online form received in the 2nd email. You will be required to submit your progress stats and pictures every 25 days. Initial (Day 1) Photos Will be required as well as end photos (Day 100).

We would love to share your achievements with the wider Sweatnation Community but consent and permission will be sought before using the images. At the end of this amazing journey, we hope to Share our positive experiences with others.

What we expect from you

EFFORT & CONSISTENCY.

The concept of this Program and its success is hinged on support and community. We hope that you will fully engage and participate as encouraged as this is a key element of success.

Please take time to read through the *Terms and Conditions* that are attached as link on the last page of your 5-page online form.

About SweatNation Fitness

It is a registered company and It was founded and is run by Barbra Jambga, 40 year old mother of 3 and wife. She has nearly 15 years of working experience in The Health and Fitness Industry. She Founded Zimbabwe's first and authentic Bootcamp which is set in the bush in Chisipite 9 years ago. SweatNation Fitness Bootcamp has grown in leaps and bounds since. Our results speak for themselves throughout the different programs we offer. She also is the Director and Head Trainer of BodybySweatnation Personal Training Boutique Studio in a private space in Chisipite where she works with clients in a small group setting and this is where She runs SweatNation's most sold out 12 Week Transformation Program. Other Services/Programs by SweatNation Fitness Include:

- A Children's program "Sweatnation Troopers" which hosts kiddy bootcamp challenges, team building and bootcamp inspired parties in the bush.
- A Karate Dojo for children (SweatNation Dojo) from the SNWellbeing Centre in Chisipite.
- An expectant mum program 'Bun & Me' from the SNWellbeing Centre in Chisipite.
- A sport Massage Practice from the SNWellbeing Centre in Chisipite



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Barbra Jambga is Certified by HFPA (Health and Fitness Professionals Association) with a Diploma in Exercise Science and Physiology. She is a Qualified Advanced Personal Trainer, Group Fitness Instructor and Sports Fitness Coach.

She competed for 4 years and has two podium finishes in the Bodybuilding Industry as a Figure/Body Fitness Athlete.

She is supported by a very Strong Team of Professionals Which include a Nutrition Coach and 3 Fitness Professionals like herself.

SweatNation has impacted many and hopes to continue to do so through this Online Platform. We have seen great results since the launch of This exciting program.

We Look forward to hearing from YOU!

COACH B
#THEGRIND100