

Burn *twice* the calories in *half* the time.

Workout harder *not* longer.
Make *every* rep count.
Discover your physical potential.
Learn how to reach your goals faster.

.....all in just 20 Minutes.

Intensity.
It's the key to your fitness goals.

Learn *what* it is.
Learn *how* to achieve it.

Train with me, Mike Dillon.

“Give me everything you have for 20 minutes, that’s all I ask.
You will not be disappointed.”

SIGN UP AT THE WELLNESS DESK

