



Our mission is to help our fellow citizens incorporate physical exercise and its valuable benefits in their lifestyle, thus maximizing the percentage of those who intentionally and consciously deal with any kind of physical activity.

#### ALTERLIFE

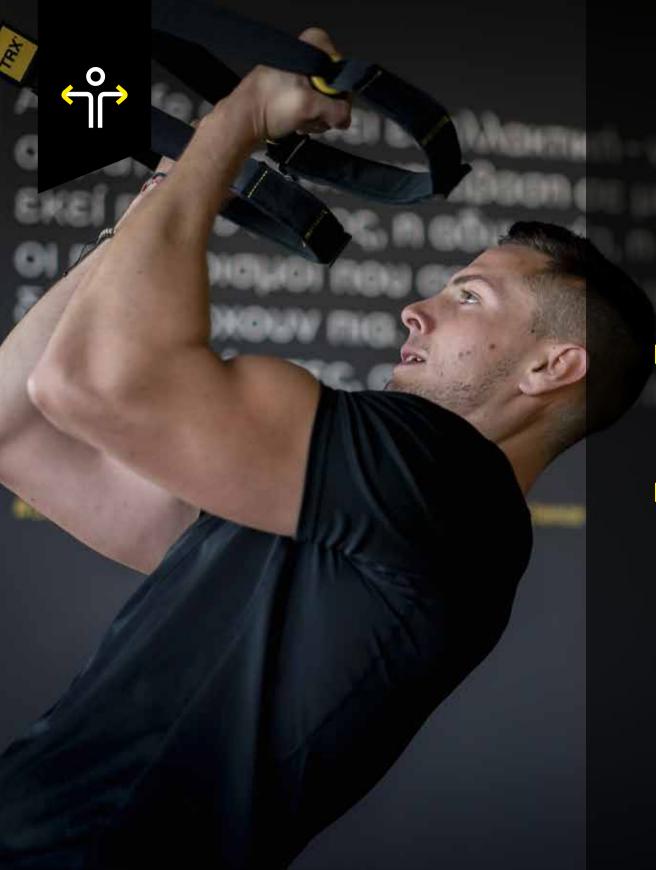
ALTERLIFE means alternative - new life, it originates the transition to a new status where physical pain, low esteem, lack of confidence and all those limitations that prevent you from fulfilling your dreams, no longer exist. In ALTERLIFE you change your philosophy, your priorities, your attitude towards your body, yourself, towards life!

Our vision is to set these high standards

- quality of services and marketing practices in order for ALTERLIFE to be considered a benchmark
for everyone (trainees, professionals and businessmen)
in the fitness industry in Greece and Cyprus!

#### CORPORATE SOCIAL RESPONSIBILITY

When you have the ambition to become the reference point and set the standards in a whole industry, when you wish to leave your legacy, the challenge is enormous. It is imperative that your values be based on those principles that help modern societies evolve, prosper and thrive. Being confident in our values we strategically undertake social responsibility actions thus introducing a new company-business culture that will help us implement our vision. We count and look forward on your valuable support in our endeavor, which seems to be the most challenging and demanding.



# TOTAL MAKE OVER

THE MOST COMPREHENSIVE
60 MINUTE TRAINING PROTOCOL!
THE IDEAL MIX-RATIO OF STRE NGTH
AND CARDIO-RESPIRATORY TRAINING!

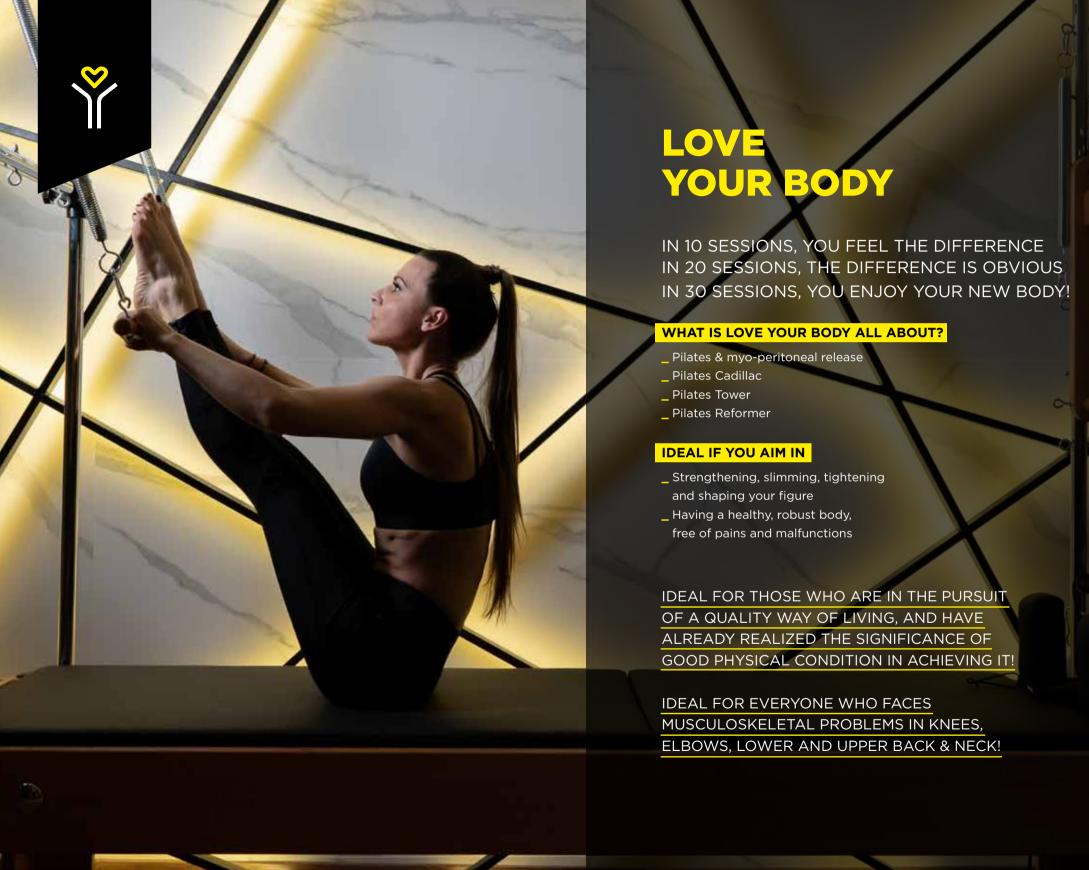
#### WHAT IS TOTAL MAKE OVER ALL ABOUT?

- \_ 30 minutes of fat & cellulite burning using the cardio equipment
- \_ 30 minutes of super-efficient tightening and shaping of your figure in small groups (up to 3-4 persons)

#### IDEAL IF YOU URGENTLY NEED TO

- Lose fat, cellulite and body weight
- \_ Slim your belly and hips area
- \_ Strengthen, tighten and shape your figure

WHEN THE DECISION TO CHANGE HAS ALREADY BEEN TAKEN!





# **EMPOWER YOURSELF**

UNLEASH YOUR INNER STRENGTH! REACH YOUR LIMITS!

#### WITH POLAR LIVE PROJECTION

#### THE TRAINER

- Monitors in real time the data of the whole team
- Gives personalized advice
- Continuously improves training protocols

#### YOU

- \_ Learn how your body reacts to training stimuli
- See the value of the program and your effort
- \_ Improve in relation to your previous training but also in relation to the competition...

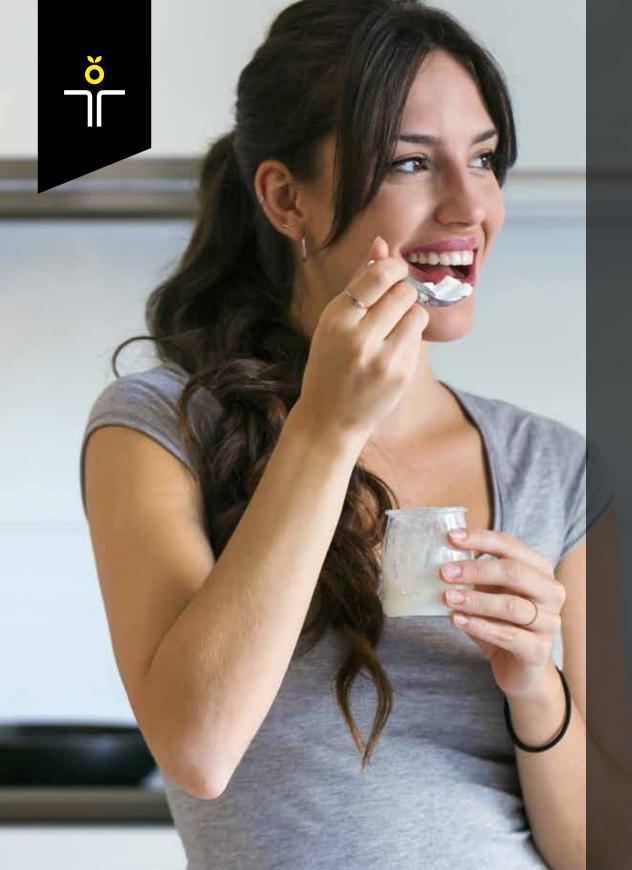
#### WHAT EMPOWER YOURSELF IS ALL ABOUT?

- \_ Functional Cross Training
- \_ 60 minutes of high-intensity metabolic training.
  Inspiring music, immense energy.

#### IDEAL IF YOU AIM IN

- Losing fat and body weight
- \_ Slimming, tightening and shaping your figure
- Improving your physical condition

IDEAL FOR THOSE WHO FAVOR INTENSIVE
TRAINING, BUT THEY LACK TIME AND DISCIPLINE
FOR CLASSIC TRAINING SESSIONS WITH STRENGTH
MACHINES AND FREE WEIGHTS.



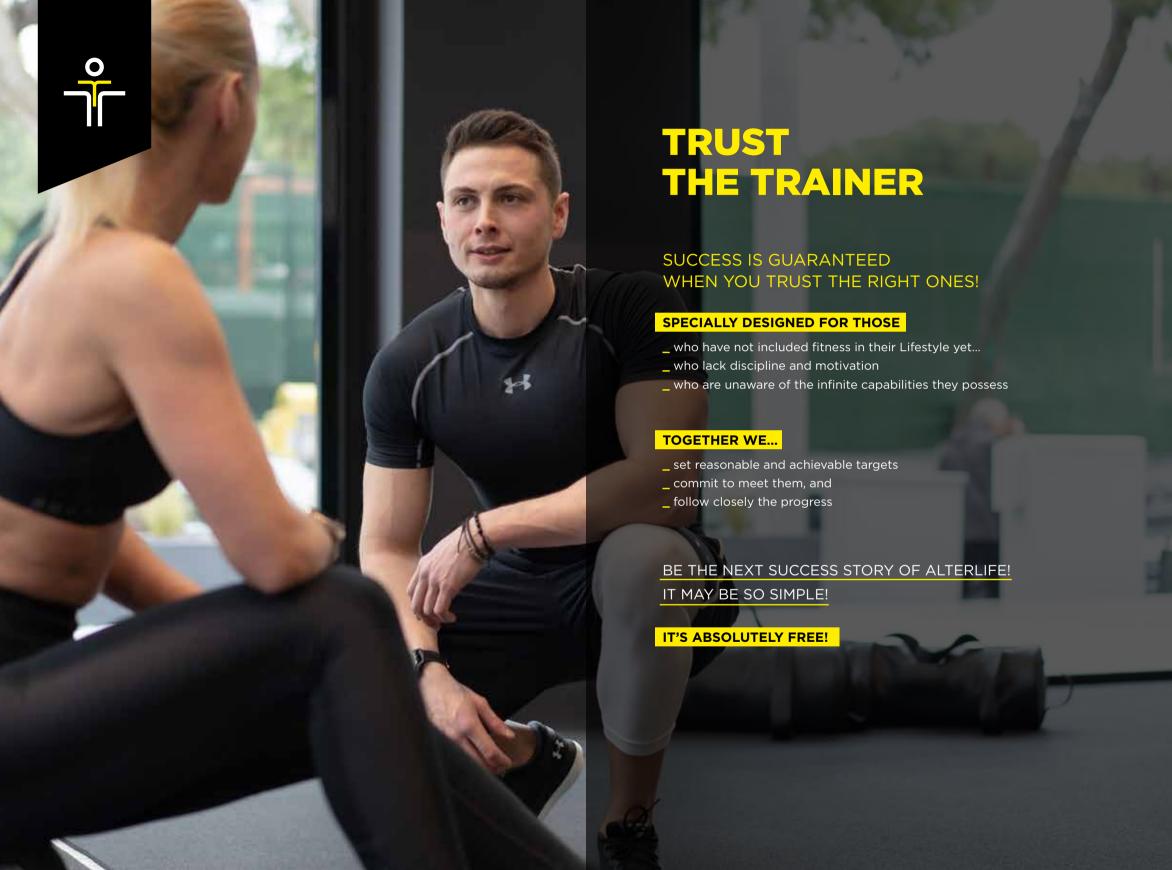
## MIND THE FOOD

# GIVE YOUR BODY THE NUTRITION IT NEEDS!

In Alterlife, we are not trying to suggest just another diet – nutrition plan, to provide you with a magical recipe which you will follow strictly or mildly. Our goal is to train you to think rationally in terms of nutrition, to make you more conscious about consuming the right nutrients that your body really needs in order to function properly to achieve your fitness goals.

AS A PART OF YOUR WELL BEING,

EXERCISE AND GOOD NUTRITION SHOULD BE
AN INTEGRAL PIECE OF YOUR EVERY DAY LIFE.



## **ALTERLIFE** SUCCESS STORIES

WE ARE REALLY GLAD AND PROUD TO HONORABLY PRESENT YOU, OUR RECORDED (THERE ARE MANY MORE THAT HAVE NOT BEEN EXPRESSED YET) ALTERLIFE SUCCESS STORIES. FITNESS STORIES OF ORDINARY PEOPLE WHO TRUSTED US, ACHIEVED REMARKABLE RESULTS, AND THEY NOW SHARE WITH US THEIR LITTLE SECRETS THAT LED THEM TO SUCCESS. ALONG WITH THE BEAUTIFUL EMOTIONS EXPERIENCING THEIR NEW LIFE.

**VISIT** 

HTTPS://ALTERLIFE.GR/EN/SUCCESS-STORIES/ AND SEE ALL OUR INSPIRATIONAL SUCCESS STORIES.



HOW CAN YOU BECOME THE NEXT SUCCESS STORY OF ALTERLIFE?

SIMPLY TRY 'TRUST THE TRAINER', THE PROGRAMME THAT WILL CHANGE YOUR LIFE! CHECK OUT THE FOLLOWING IMPRESSIVE **RESULTS WE ACHIEVED!** 

### **COMPETITION 2017** TRUST THE TRAINER

COMMENCEMENT DATE: 15/02/2017 -- ENDING DATE: 12/04/2017

638 MEMBERS — 8 WEEKS

IN EIGHT WEEKS WE MANAGED TO EXTERMINATE:

- 2.35 TONS OF BODY WEIGHT [3.68 KGR / MEMBER]
- \_ 31,2 METERS OF PERIMETER [4,89 CM / MEMBER]

## **COMPETITION 2018** TRUST THE TRAINER

COMMENCEMENT DATE: 01/05/2018 -- ENDING DATE: 30/06/2018

860 MEMBERS — 9 WEEKS

IN NINE WEEKS WE MANAGED TO EXTERMINATE:

- 5,9 TONS OF BODY WEIGHT [6,86 KGR / MEMBER]
- 61,4 METERS OF PERIMETER [7,14 CM / MEMBER]

### COMPETITION 2019 TRUST THE TRAINER

COMMENCEMENT DATE: 17/05/2019 -- ENDING DATE: 12/07/2019

1.619 MEMBERS — 8 WEEKS

IN EIGHT WEEKS WE MANAGED TO EXTERMINATE:

- 11.53 TONS OF BODY WEIGHT [7.12 KGR / MEMBER]
- 118,35 METERS OF PERIMETER [7,31 CM / MEMBER]

