



LBP HAS HELPED 1,000'S OF WOMEN

OUR SUCCESS STORIES

WWW.THELEANBODYPROJECT.CO.UK

DAMIEN COATES

BODY TRANSFORMATION COACH

I'm Damien, a body transformation coach and owner of The Lean Body Project.

I created a Super Simple Fat Loss Plan so that you have no excuses when it comes to achieving your weight loss goals.

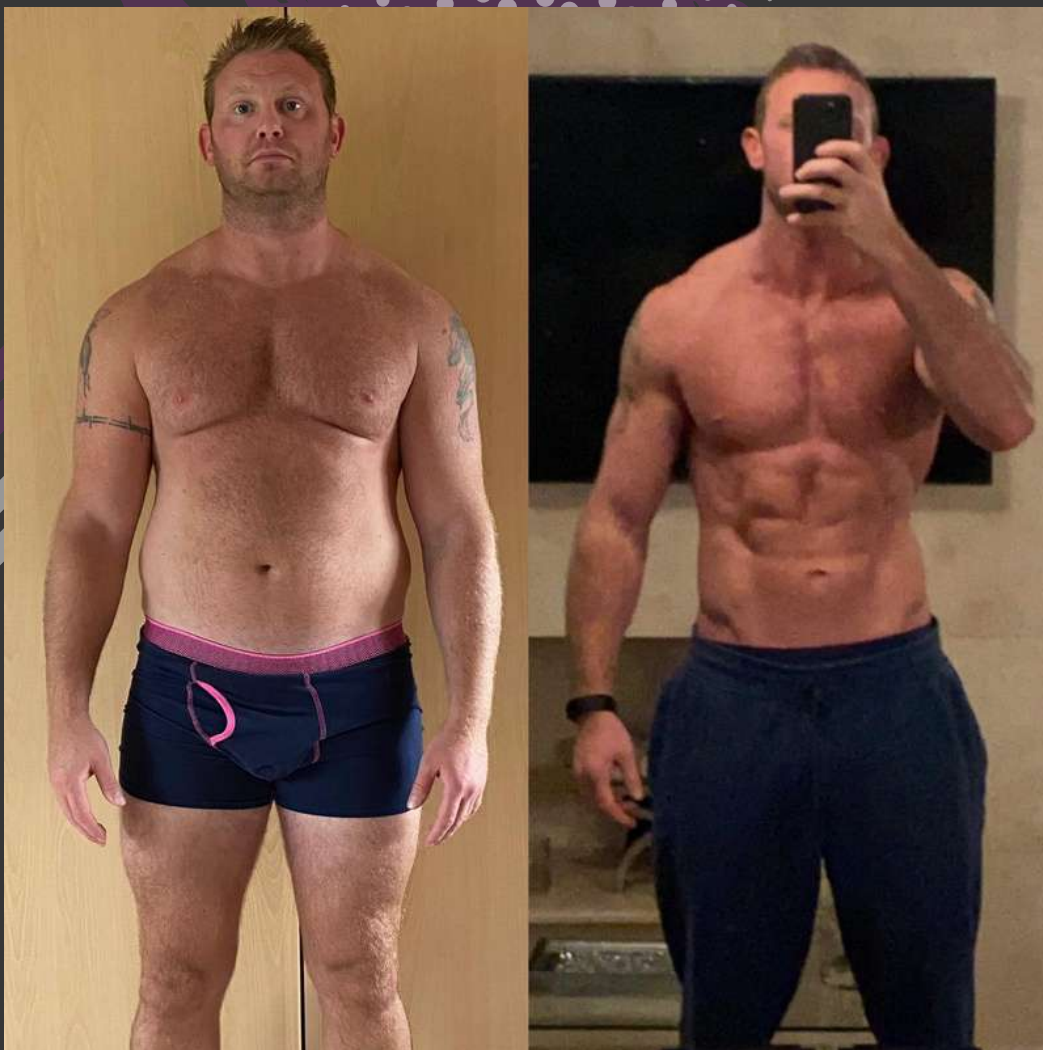
Getting fit and lean doesn't have to be complicated it just takes a little bit of planning and a lot of consistency. Myself and my team have transformed thousands of peoples lives and bodies over the years and i am super happy that you have picked up this plan and put your trust in us to help you.

If you put in the time, effort and consistency you too can become one of our amazing success stories!

I hope you find this Transformation Book motivational in showing you how we can help you achieve your health and fitness goals on one of our Transformation Challenges that guarantee results.

Let's start with my own transformation and the journey of LBP





DAMIEN COATES

MY OWN TRANSFORMATION

Following a career of being a professional footballer and later a Muay Thai kick boxer, where I went on to being the British Champion, North West area champion and joining the coaching team for England Muay Thai, you could say that I knew how to train, stay in peak fitness and keep my weight down.

However in 2015 I fully ruptured my achilles tendon. Being off my feet and opening my own fitness facility at the same time resulted in me gradually gaining 4 stone and being in the worst shape of my life.



DAMIEN COATES

MY OWN TRANSFORMATION

When we went into lockdown, in March 2020, I decided to make myself a priority and inspire my clients that you can still achieve a transformation without even stepping foot in the gym.

I lost 4 stone and achieved my transformation in 11 months, all whilst still enjoying a drink at the weekend and having a take away every Saturday.

This resulted in me creating a Super Simple Fat Loss plan to show my clients exactly how they could too.

THE LEAN BODY PROJECT

OUR JOURNEY

I have been running transformation programs since 2008. Kickboxing and self defense courses under Russell Muay Thai and outdoor bootcamps under DC Fitness Academy.

The Lean Body Project was born in 2013 and began transforming people in Stockport through bootcamps, online programs and group personal training.

in 2017 we opened up our own 5 star functional fitness facility in Stockport town centre to create a safe, friendly and motivational environment for women to train in.

We have a proven formula to help busy women achieve guaranteed results and we have some of our success stories to share with you





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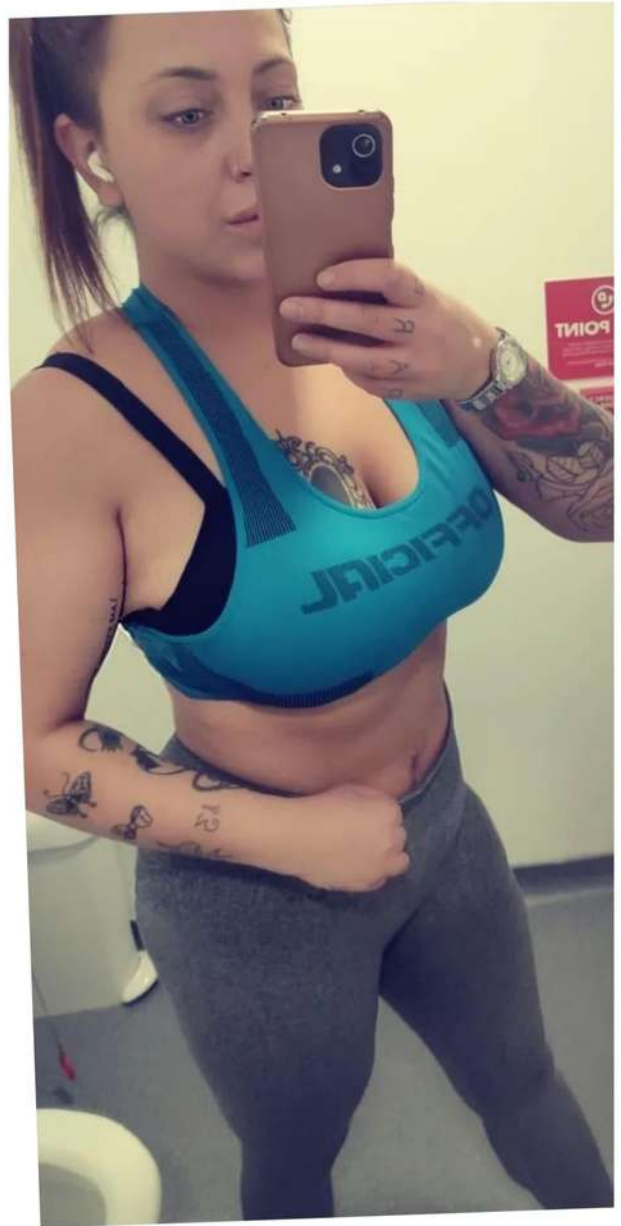
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WEEK 0



WEEK 12



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APRIL 2016



JULY 2017



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3 WEEK PROGRESS



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WEEK 0



WEEK 12



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ARE YOU READY TO BE OUR NEXT SUCCESS STORY?

JOIN OUR NEXT
TRANSFORMATION CHALLENGE

ONLINE PROGRAMS
(ANYWHERE IN THE WORLD)

IN PERSON TRAINING
(STOCKPORT - SK1 1SE)

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