

Personalized Programming

Written by Andrea
Saturday, 15 March 2014 14:38

Welcome to CrossFit Mom personalized programming.

This is your choice of 1-3 trimesters of CrossFit Mom work outs designed just for you. Once you have made your purchase, you will receive an email with a questionnaire within 24 hours. Please answer the questions and return them by email. Once we have received your questionnaire, you will receive 60-180 personalized work outs, within 5 business days.

Once you have begun your personalized program, please email us at the end of each 4 week session to let us know how things are going. We can discuss any concerns or changes/adjustments that need to be made. If you have questions before that time, please don't hesitate to email us. Personalized programming clients have priority over other email questions.

Thank you for taking part in our program, and we look forward to working with you.

CrossFit Mom

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[Purchase 2 Trimesters](#)

[Purchase 3 Trimesters](#)

[Purchase Postpartum](#)

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