

Jbrizzle - The Women's Guide

Get strong, sculpt, and train around a real week.

PLACEHOLDER - PROTOTYPE ONLY

This is a stand-in file so the download flow on the prototype site works end to end. Jordan's real guide replaces it at content integration (P3).

IMPORTANT - FITNESS & NUTRITION DISCLAIMER

This guide is general educational information, not medical advice. Consult a qualified physician before starting any exercise or nutrition programme, especially if you have an existing condition, injury, or are pregnant. Stop and seek help if you feel unwell. You train at your own risk.

jbrizzle.com - jordan@jbrizzle.com