



**More *Athletes* on earth**

**WE HELP PEOPLE & TEAMS ALL OVER**

**THE WORLD TO LIVE A VERY HEALTHY LIFESTYLE**

## Our Corporate Fitness Services

### 60-minutes Coaching (online or on-premise)

Coaching session to get your team pumped up and learn all they need to know about "What you should know to become and stay outstandingly fit"

### Fitness Dosage (At-Office/Online)

Boost your Productivity and Fitness level with a 30-minutes workout session

### 1-1 Personal Tailored Program

This program is an opportunity to offer your team a One-One personal fitness & nutrition consultation program

### Fitness Service Agreement

A premium service includes all of Dubiceps corporate programs with dedicated support and consultation services anytime during the course of the agreement

## Other Services We Provide for Individuals

### Online Fitness Recipe

Buy your best-fit Bodybuilding, Fitness and Nutrition plans online

### Personal Training Packages

Bodybuilding, Fitness & Nutrition services inside your private gym, home, parks or beach

**DuBiceps by International  
Fitness Trainer Yazan Hilal  
Certified IFBB & EBBF Coach**

**IFBB: International Federation of Bodybuilding & Fitness**

**EBBF: Emirates Bodybuilding Federation**