



BREAKTHROUGH
WITH ALICE ROUND

PROGRAM
BENEFITS



Breakthrough is designed for every woman out there who is sick and tired of wasting money on fad diets, pills, potions, and who wants to change her life. Someone who wants to improve her body composition, lose fat and keep it off, as well as improve her relationship with food, herself and her loved ones. Breakthrough, unlike any other program, focuses on the biggest thing often holding you back from getting results: Mindset.

Breakthrough also gives you all the nutrition and training education you require from training program to how to customise your own macronutrients and nutritional plans.

Sick and tired of the body you're living in? It's time to break through and live the life you deserve with a system that has proven results! Get your health back, get your body back and even improve your libido!



MODULE 1

Building the base, mindset, habit change. Creating your vision & why. Breaking down barriers holding you back. Nutritional foundations

MODULE 2

Boosting your metabolism and training for recomposition principles

modules

MODULE 3

Training for female shape change, overall health and structural balance. Training mindset and motivation

MODULE 4

Healthy fat loss and hormone boosters, Understanding female fat loss & recomposition

modules

MODULE 5

Strength foundations. How and why. Safe lifting and boosting the metabolism. Year-round tips and tricks. Creating your ultimate happiness from nutrition, training and life balance

MODULE 6

Lifestyle design. How to apply the knowledge to keep the changes you have made long term and go along. Building the best life for you

modules

BREAKTHROUGH PROGRAM
KEY MEMBERSHIP BENEFITS

benefits & features



- 24 weeks of accountability and support
- Nutrition and training coaching
- Mindset coaching and habit change
- Breakthrough videos for mental barriers & mindset coaching
- Access to the full membership private breakthrough system site
- Access to additional Team Round member benefits such as e-books, cooking videos, & more
- Daily Q & A with the support team
- Weekly live webinars
- Strategy calls with Team Round support network during the program
- 6 amazing modules to work through at your own pace over 6 months
- Community support and accountability buddies
- Daily content

To upgrade to PREMIUM Breakthrough Program, email us at info@aliceround.com



ADDITIONAL FEATURES

- Access to all Team Round e-books
- Adjustments based on your own personal progress, non-generic
- Access to over 400 training, nutrition and mindset videos
- Weekly and daily contents
- Unlock content as you go
- 24-week access to the Team Round private support forum and coaches
- Daily tracking sheets and downloadable resources
- Easy online support
- Discounts on Team Round workshops and events

WHAT'S THE KEY MESSAGE FOR
THE WHOLE PROGRAM?

BREAK THROUGH THE BARRIERS!

Unleash your inner potential
in life in mind, body, and
strength, and ultimately live
a better, happier, educated
and more healthy life.

ABOUT ALICE



Alice Round has over 10 years experience working with women all across Australia and the world. She has helped women change their lives, be more confident, happier, empowered, and feel better within their bodies from inside and out. She is passionate about changing women's lives and creating a movement through the #breakthroughthebullshit system.



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