



JETT would like to remind everyone that their program should consist of two days of weight lifting, three to five days of cardio and the Isagenix Nutrition Plan (following the daily routine and a once a quarter cleanse).

Every JETT client should have a physical assessment and an FMS screen at least once a quarter so that we can track progress and if need be make potential necessary changes.

If any JETT client is missing any one of these components or does not understand the full program please contact us immediately at 301.455.3347.

Look and Feel Your Best With JETT