

Jeans-Ripping Gym Program



ACCEPTANCE OF TERMS AND ACKNOWLEDGMENT OF RISKS

BY DOWNLOADING OR STARTING ANY FREE PROGRAM FROM THIS WEBSITE, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO THE TERMS OUTLINED IN THIS DISCLAIMER. YOUR DOWNLOAD AND PARTICIPATION SIGNIFY ACCEPTANCE OF ALL RISKS ASSOCIATED WITH PHYSICAL ACTIVITY AND DIETARY CHANGES AND YOUR AGREEMENT TO SEEK PROFESSIONAL GUIDANCE AS RECOMMENDED.

EDUCATIONAL AND ENTERTAINMENT PURPOSES ONLY

THESE PROGRAMS ARE PROVIDED SOLELY FOR EDUCATIONAL AND ENTERTAINMENT PURPOSES. THEY ARE NOT SUBSTITUTES FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, TREATMENT, OR INDIVIDUALIZED GUIDANCE IN HEALTH, FITNESS, OR NUTRITION. THE CONTENT OF THESE PROGRAMS DOES NOT CONSTITUTE MEDICAL ADVICE AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROVIDER.

1. NO MEDICAL ADVICE OR SERVICES: SIMON DINGEMANS IS NOT A LICENSED PHYSICIAN OR REGISTERED DIETITIAN. THE INFORMATION PROVIDED IN THESE DOWNLOADABLE PROGRAMS DOES NOT DIAGNOSE, TREAT, PREVENT, OR CURE ANY MEDICAL CONDITION AND SHOULD NOT REPLACE PERSONALIZED MEDICAL ADVICE. ALWAYS CONSULT YOUR PHYSICIAN OR QUALIFIED HEALTHCARE PROVIDER ON ANY MATTERS REGARDING YOUR HEALTH BEFORE STARTING THESE PROGRAMS.

2. PROPRIETARY RIGHTS: ALL DOCUMENTS, PROGRAMS, AND CONTENT PROVIDED BY DR.GLUTES BV ARE PROPRIETARY AND INTENDED SOLELY FOR PERSONAL USE. NO MATERIAL MAY BE COPIED, SOLD, OR REDISTRIBUTED WITHOUT PRIOR WRITTEN CONSENT FROM DR.GLUTES BV.

3. CONSULT WITH A HEALTHCARE PROFESSIONAL: BEFORE BEGINNING ANY FITNESS, EXERCISE, OR DIETARY PROGRAM, CONSULT WITH A LICENSED HEALTHCARE PROVIDER, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION, INJURY, DIETARY RESTRICTION, OR ARE PREGNANT. THESE DOWNLOADABLE PROGRAMS DO NOT REPLACE INDIVIDUALIZED MEDICAL ADVICE, AND ONLY A HEALTHCARE PROFESSIONAL CAN EVALUATE YOUR SPECIFIC HEALTH NEEDS.

4. INDIVIDUAL RESULTS AND TESTIMONIALS: RESULTS VARY SIGNIFICANTLY AMONG INDIVIDUALS DUE TO DIFFERENCES IN GENETICS, LIFESTYLE, FITNESS HISTORY, AND DEDICATION. TESTIMONIALS AND TRANSFORMATIONS SHARED ON SOCIAL MEDIA, ON THIS WEBSITE OR IN PROGRAM MATERIALS ARE REAL BUT DO NOT REPRESENT TYPICAL RESULTS. YOUR RESULTS MAY DIFFER BASED ON YOUR PERSONAL COMMITMENT AND CIRCUMSTANCES.

5. ASSUMPTION OF RISKS IN EXERCISE AND DIETARY PROGRAMS: ENGAGING IN PHYSICAL ACTIVITIES OR DIETARY CHANGES INVOLVES INHERENT RISKS, INCLUDING INJURY, ADVERSE HEALTH EFFECTS, AND OTHER COMPLICATIONS. YOU ASSUME FULL RESPONSIBILITY FOR YOUR HEALTH AND SAFETY AND VOLUNTARILY ACCEPT ALL RISKS. IF YOU EXPERIENCE DISCOMFORT, STOP IMMEDIATELY AND CONSULT A HEALTHCARE PROVIDER.

6. SAFETY AND RESPONSIBILITY: TO ENSURE SAFETY, PRIORITIZE PROPER FORM, TECHNIQUE, AND MODERATION. IF YOU EXPERIENCE PAIN, DISCOMFORT, OR UNUSUAL SYMPTOMS AT ANY TIME, STOP AND SEEK MEDICAL ADVICE. PARTICIPATION IN THESE PROGRAMS IS VOLUNTARY, AND YOU BEAR FULL RESPONSIBILITY FOR ANY INJURIES OR HEALTH ISSUES THAT MAY ARISE FROM FOLLOWING THE PROGRAM'S RECOMMENDATIONS.

7. LISTEN TO YOUR BODY: EXERCISE CAUTION AND BE MINDFUL OF YOUR BODY'S SIGNALS. SYMPTOMS SUCH AS DIZZINESS, NAUSEA, OR DISCOMFORT INDICATE A NEED TO STOP AND REST. SUDDEN DIETARY CHANGES OR OVERTRAINING CAN LEAD TO SERIOUS HEALTH ISSUES, INCLUDING INJURY AND ILLNESS. PERSISTENT SYMPTOMS SHOULD BE ADDRESSED BY A HEALTHCARE PROVIDER.

8. GRADUAL PROGRESSION AND SUSTAINABLE PRACTICES: START AT A LEVEL SUITABLE FOR YOUR CURRENT FITNESS AND GRADUALLY INCREASE ACTIVITY OR DIETARY CHANGES OVER TIME. RAPID ESCALATION OR EXTREME DIETING CAN RESULT IN ADVERSE HEALTH OUTCOMES. GRADUAL PROGRESSION HELPS REDUCE RISKS ASSOCIATED WITH SUDDEN CHANGES IN EXERCISE AND DIET.

9. NUTRITION AND DIETARY RECOMMENDATIONS: WE RECOMMEND CONSULTING A REGISTERED DIETITIAN OR NUTRITIONIST BEFORE IMPLEMENTING ANY DIETARY CHANGES SUGGESTED IN THESE PROGRAMS. NUTRITIONAL NEEDS ARE HIGHLY INDIVIDUAL, ESPECIALLY FOR SPECIFIC GOALS LIKE WEIGHT LOSS OR MUSCLE GAIN. AVOID RESTRICTIVE DIETS OR EXTREME MEASURES, WHICH MAY NOT BE HEALTHY OR SUSTAINABLE.

10. AGE AND FITNESS LEVEL CONSIDERATIONS: THESE PROGRAMS MAY NOT BE APPROPRIATE FOR ALL AGES OR FITNESS LEVELS. CONSIDER YOUR AGE, HEALTH STATUS, AND PHYSICAL ABILITIES. INDIVIDUALS WITH SPECIFIC AGE-RELATED OR HEALTH LIMITATIONS SHOULD CONSULT A HEALTHCARE PROVIDER TO DETERMINE SUITABILITY AND MAKE MODIFICATIONS AS NEEDED.

11. PROFESSIONAL GUIDANCE FOR NEW PARTICIPANTS: IF YOU ARE NEW TO FITNESS OR NUTRITION PLANNING, SEEK GUIDANCE FROM A CERTIFIED TRAINER OR DIETITIAN. THESE DOWNLOADABLE PROGRAMS ARE INTENDED AS INTRODUCTORY GUIDES AND DO NOT REPLACE PERSONALIZED PLANS CREATED BY PROFESSIONALS.

12. SPECIAL HEALTH CONSIDERATIONS: INDIVIDUALS WITH CONDITIONS SUCH AS HEART DISEASE, DIABETES, ORTHOPEDIC ISSUES, OR DIETARY RESTRICTIONS SHOULD CONSULT THEIR HEALTHCARE PROVIDER BEFORE BEGINNING THESE PROGRAMS. ADDITIONAL RISKS MAY EXIST FOR CERTAIN MEDICAL CONDITIONS, MAKING PROFESSIONAL ADVICE ESSENTIAL.

13. ASSUMPTION OF RISK AND LIABILITY: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU VOLUNTARILY ACCEPT ALL RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES. DR.GLUTES BV AND ITS AFFILIATES DISCLAIM LIABILITY FOR ANY INJURIES, HEALTH PROBLEMS, OR ADVERSE OUTCOMES. ANY RELIANCE ON INFORMATION PROVIDED THROUGH THESE PROGRAMS IS AT YOUR OWN RISK.

14. ADULTS ONLY: THESE PROGRAMS ARE INTENDED FOR INDIVIDUALS AGED 18 AND OLDER. PARTICIPATION BY MINORS SHOULD OCCUR ONLY WITH DIRECT SUPERVISION AND APPROPRIATE PROFESSIONAL GUIDANCE.

15. PROGRESS PICTURE SUBMISSIONS: ONLY INDIVIDUALS AGED 18 OR OLDER MAY SUBMIT PROGRESS PICTURES OR OTHER MEDIA DOCUMENTING THEIR FITNESS JOURNEY. BY SUBMITTING CONTENT, YOU CONFIRM THAT YOU ARE AT LEAST 18 YEARS OLD. SUBMISSIONS FROM THOSE UNDER 18 WILL NOT BE ACCEPTED AND WILL BE DELETED.

16. NO WARRANTIES OR GUARANTEES: THESE PROGRAMS ARE PROVIDED "AS IS" WITH NO GUARANTEES REGARDING RESULTS, SAFETY, OR SUITABILITY FOR ANY PARTICULAR PURPOSE. DR.GLUTES BV DISCLAIMS LIABILITY FOR INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES THAT MAY ARISE FROM THE USE OF THESE PROGRAMS.

17. AGREEMENT TO TERMS: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU CONFIRM YOUR ACCEPTANCE OF ALL TERMS WITHIN THIS DISCLAIMER. YOU ACKNOWLEDGE THE RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES AND AGREE TO SEEK PROFESSIONAL ADVICE AS NEEDED.

FINAL REMINDER: BEGINNING ANY FITNESS OR NUTRITION PROGRAM IS A PERSONAL CHOICE THAT REQUIRES CAREFUL CONSIDERATION OF YOUR HEALTH, GOALS, AND OVERALL WELL-BEING. WE ENCOURAGE SEEKING PROFESSIONAL GUIDANCE TO ENSURE YOUR JOURNEY IS SAFE, EFFECTIVE, AND TAILORED TO YOUR INDIVIDUAL NEEDS.

Warm-ups:

Warm-ups are essential, but they shouldn't drain your time or energy. The ideal warm-up? Three sets of 15 reps of your first exercise using no weight.

This is effective because the best way to prepare for a movement—like a squat—is simply by doing that movement. Skip the overly complicated, multi-step routines and save your strength for your actual workout.

Rest:

Rest as long as you need. This means waiting until your muscles feel strong again and your heart isn't racing—not just picking a random time like 30 seconds or 15 minutes.

Don't use a timer! Resting depends on how hard the set was, so wait until you feel ready, then go again. Sometimes this takes 2-3 minutes, other times just 45 seconds. Women usually recover faster. Listen to your body, and rest until you feel good to go!

Starting weight:

If you're new to lifting or trying a new exercise and don't know what weight to use, here's a simple way to find it: If your first set calls for 15 reps, choose a weight you can lift 18 times in your first week.

Don't stress if it feels too light—it's always better to start too light than too heavy. You can increase the weight as you get stronger and more comfortable with the movement.

How to start this training plan

- If you're a beginner, stick to 2-3 sets max per exercise—don't overdo it.
- Even if you're experienced, ease into the program.
- Always start lighter than you think you need to.

***The full 8-Week Program is available
in my app.***

Tap the name of the exercise to see the tutorial.

Week 1

Day 1	Reps and sets
<u>Bulgarian Split Squat</u>	
<u>RDL</u>	
<u>Hip Thrusts</u>	
Finisher	Available in the app
<u>(Optional) Row machine</u>	

Day 2	Reps and sets
<u>B-Stance Good Morning</u>	
<u>Squats</u>	
Finisher	Available in the app
Snatched Waist Core	Available in the app
<u>(Optional) Dumbbell Press</u>	

Day 3	Reps and sets
<u>Hip Thrusts</u>	
<u>Step-Ups</u> Cable Or Dumbbell	
Finisher	Available in the app
<u>Calves Raises</u>	
<u>Bent Over Row</u> Upper Back	

Day 4	Reps and sets
<u>Upright Rows</u>	
<u>Side raises</u>	
<u>Lat Pull Down</u>	
<u>Tricep Extensions</u>	
<u>Incline Curls</u>	
Snatched Waist Core	Available in the app

P.S. - want to grow your glutes and shrink your waist for summer?



The 8-Week Summer Cheeks Challenge is now live in the Dr.Glutes App.

Inside you'll find:

- ✓ 60-minute follow-along sessions
- ✓ Weekly rotating glute finishers
- ✓ Snatched waist core workouts
- ✓ Stretch routines
- ✓ Private community + coaching
- ✓ 400+ exercise demos



If I could give 6/5 I would. This delicious app has been a life saver for me when I travel. Easy to follow, challenging (entertaining) workouts that keep me on track. Working toward getting my cake cheeked up like a corgi. Everyone should get this app. Cheers!

👉 Start your free trial now and join hundreds of women already inside by tapping **this** or DM me "summer" and I'll send you the full access link.



Start your 7-day free trial today.

ACCEPTANCE OF TERMS AND ACKNOWLEDGMENT OF RISKS

BY DOWNLOADING OR STARTING ANY FREE PROGRAM FROM THIS WEBSITE, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO THE TERMS OUTLINED IN THIS DISCLAIMER. YOUR DOWNLOAD AND PARTICIPATION SIGNIFY ACCEPTANCE OF ALL RISKS ASSOCIATED WITH PHYSICAL ACTIVITY AND DIETARY CHANGES AND YOUR AGREEMENT TO SEEK PROFESSIONAL GUIDANCE AS RECOMMENDED.

EDUCATIONAL AND ENTERTAINMENT PURPOSES ONLY

THESE PROGRAMS ARE PROVIDED SOLELY FOR EDUCATIONAL AND ENTERTAINMENT PURPOSES. THEY ARE NOT SUBSTITUTES FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, TREATMENT, OR INDIVIDUALIZED GUIDANCE IN HEALTH, FITNESS, OR NUTRITION. THE CONTENT OF THESE PROGRAMS DOES NOT CONSTITUTE MEDICAL ADVICE AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROVIDER.

1. NO MEDICAL ADVICE OR SERVICES: SIMON DINGEMANS IS NOT A LICENSED PHYSICIAN OR REGISTERED DIETITIAN. THE INFORMATION PROVIDED IN THESE DOWNLOADABLE PROGRAMS DOES NOT DIAGNOSE, TREAT, PREVENT, OR CURE ANY MEDICAL CONDITION AND SHOULD NOT REPLACE PERSONALIZED MEDICAL ADVICE. ALWAYS CONSULT YOUR PHYSICIAN OR QUALIFIED HEALTHCARE PROVIDER ON ANY MATTERS REGARDING YOUR HEALTH BEFORE STARTING THESE PROGRAMS.

2. PROPRIETARY RIGHTS: ALL DOCUMENTS, PROGRAMS, AND CONTENT PROVIDED BY DR.GLUTES BV ARE PROPRIETARY AND INTENDED SOLELY FOR PERSONAL USE. NO MATERIAL MAY BE COPIED, SOLD, OR REDISTRIBUTED WITHOUT PRIOR WRITTEN CONSENT FROM DR.GLUTES BV.

3. CONSULT WITH A HEALTHCARE PROFESSIONAL: BEFORE BEGINNING ANY FITNESS, EXERCISE, OR DIETARY PROGRAM, CONSULT WITH A LICENSED HEALTHCARE PROVIDER, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION, INJURY, DIETARY RESTRICTION, OR ARE PREGNANT. THESE DOWNLOADABLE PROGRAMS DO NOT REPLACE INDIVIDUALIZED MEDICAL ADVICE, AND ONLY A HEALTHCARE PROFESSIONAL CAN EVALUATE YOUR SPECIFIC HEALTH NEEDS.

4. INDIVIDUAL RESULTS AND TESTIMONIALS: RESULTS VARY SIGNIFICANTLY AMONG INDIVIDUALS DUE TO DIFFERENCES IN GENETICS, LIFESTYLE, FITNESS HISTORY, AND DEDICATION. TESTIMONIALS AND TRANSFORMATIONS SHARED ON SOCIAL MEDIA, ON THIS WEBSITE OR IN PROGRAM MATERIALS ARE REAL BUT DO NOT REPRESENT TYPICAL RESULTS. YOUR RESULTS MAY DIFFER BASED ON YOUR PERSONAL COMMITMENT AND CIRCUMSTANCES.

5. ASSUMPTION OF RISKS IN EXERCISE AND DIETARY PROGRAMS: ENGAGING IN PHYSICAL ACTIVITIES OR DIETARY CHANGES INVOLVES INHERENT RISKS, INCLUDING INJURY, ADVERSE HEALTH EFFECTS, AND OTHER COMPLICATIONS. YOU ASSUME FULL RESPONSIBILITY FOR YOUR HEALTH AND SAFETY AND VOLUNTARILY ACCEPT ALL RISKS. IF YOU EXPERIENCE DISCOMFORT, STOP IMMEDIATELY AND CONSULT A HEALTHCARE PROVIDER.

6. SAFETY AND RESPONSIBILITY: TO ENSURE SAFETY, PRIORITIZE PROPER FORM, TECHNIQUE, AND MODERATION. IF YOU EXPERIENCE PAIN, DISCOMFORT, OR UNUSUAL SYMPTOMS AT ANY TIME, STOP AND SEEK MEDICAL ADVICE. PARTICIPATION IN THESE PROGRAMS IS VOLUNTARY, AND YOU BEAR FULL RESPONSIBILITY FOR ANY INJURIES OR HEALTH ISSUES THAT MAY ARISE FROM FOLLOWING THE PROGRAM'S RECOMMENDATIONS.

7. LISTEN TO YOUR BODY: EXERCISE CAUTION AND BE MINDFUL OF YOUR BODY'S SIGNALS. SYMPTOMS SUCH AS DIZZINESS, NAUSEA, OR DISCOMFORT INDICATE A NEED TO STOP AND REST. SUDDEN DIETARY CHANGES OR OVERTRAINING CAN LEAD TO SERIOUS HEALTH ISSUES, INCLUDING INJURY AND ILLNESS. PERSISTENT SYMPTOMS SHOULD BE ADDRESSED BY A HEALTHCARE PROVIDER.

8. GRADUAL PROGRESSION AND SUSTAINABLE PRACTICES: START AT A LEVEL SUITABLE FOR YOUR CURRENT FITNESS AND GRADUALLY INCREASE ACTIVITY OR DIETARY CHANGES OVER TIME. RAPID ESCALATION OR EXTREME DIETING CAN RESULT IN ADVERSE HEALTH OUTCOMES. GRADUAL PROGRESSION HELPS REDUCE RISKS ASSOCIATED WITH SUDDEN CHANGES IN EXERCISE AND DIET.

9. NUTRITION AND DIETARY RECOMMENDATIONS: WE RECOMMEND CONSULTING A REGISTERED DIETITIAN OR NUTRITIONIST BEFORE IMPLEMENTING ANY DIETARY CHANGES SUGGESTED IN THESE PROGRAMS. NUTRITIONAL NEEDS ARE HIGHLY INDIVIDUAL, ESPECIALLY FOR SPECIFIC GOALS LIKE WEIGHT LOSS OR MUSCLE GAIN. AVOID RESTRICTIVE DIETS OR EXTREME MEASURES, WHICH MAY NOT BE HEALTHY OR SUSTAINABLE.

10. AGE AND FITNESS LEVEL CONSIDERATIONS: THESE PROGRAMS MAY NOT BE APPROPRIATE FOR ALL AGES OR FITNESS LEVELS. CONSIDER YOUR AGE, HEALTH STATUS, AND PHYSICAL ABILITIES. INDIVIDUALS WITH SPECIFIC AGE-RELATED OR HEALTH LIMITATIONS SHOULD CONSULT A HEALTHCARE PROVIDER TO DETERMINE SUITABILITY AND MAKE MODIFICATIONS AS NEEDED.

11. PROFESSIONAL GUIDANCE FOR NEW PARTICIPANTS: IF YOU ARE NEW TO FITNESS OR NUTRITION PLANNING, SEEK GUIDANCE FROM A CERTIFIED TRAINER OR DIETITIAN. THESE DOWNLOADABLE PROGRAMS ARE INTENDED AS INTRODUCTORY GUIDES AND DO NOT REPLACE PERSONALIZED PLANS CREATED BY PROFESSIONALS.

12. SPECIAL HEALTH CONSIDERATIONS: INDIVIDUALS WITH CONDITIONS SUCH AS HEART DISEASE, DIABETES, ORTHOPEDIC ISSUES, OR DIETARY RESTRICTIONS SHOULD CONSULT THEIR HEALTHCARE PROVIDER BEFORE BEGINNING THESE PROGRAMS. ADDITIONAL RISKS MAY EXIST FOR CERTAIN MEDICAL CONDITIONS, MAKING PROFESSIONAL ADVICE ESSENTIAL.

13. ASSUMPTION OF RISK AND LIABILITY: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU VOLUNTARILY ACCEPT ALL RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES. DR.GLUTES BV AND ITS AFFILIATES DISCLAIM LIABILITY FOR ANY INJURIES, HEALTH PROBLEMS, OR ADVERSE OUTCOMES. ANY RELIANCE ON INFORMATION PROVIDED THROUGH THESE PROGRAMS IS AT YOUR OWN RISK.

14. ADULTS ONLY: THESE PROGRAMS ARE INTENDED FOR INDIVIDUALS AGED 18 AND OLDER. PARTICIPATION BY MINORS SHOULD OCCUR ONLY WITH DIRECT SUPERVISION AND APPROPRIATE PROFESSIONAL GUIDANCE.

15. PROGRESS PICTURE SUBMISSIONS: ONLY INDIVIDUALS AGED 18 OR OLDER MAY SUBMIT PROGRESS PICTURES OR OTHER MEDIA DOCUMENTING THEIR FITNESS JOURNEY. BY SUBMITTING CONTENT, YOU CONFIRM THAT YOU ARE AT LEAST 18 YEARS OLD. SUBMISSIONS FROM THOSE UNDER 18 WILL NOT BE ACCEPTED AND WILL BE DELETED.

16. NO WARRANTIES OR GUARANTEES: THESE PROGRAMS ARE PROVIDED "AS IS" WITH NO GUARANTEES REGARDING RESULTS, SAFETY, OR SUITABILITY FOR ANY PARTICULAR PURPOSE. DR.GLUTES BV DISCLAIMS LIABILITY FOR INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES THAT MAY ARISE FROM THE USE OF THESE PROGRAMS.

17. AGREEMENT TO TERMS: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU CONFIRM YOUR ACCEPTANCE OF ALL TERMS WITHIN THIS DISCLAIMER. YOU ACKNOWLEDGE THE RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES AND AGREE TO SEEK PROFESSIONAL ADVICE AS NEEDED.

FINAL REMINDER: BEGINNING ANY FITNESS OR NUTRITION PROGRAM IS A PERSONAL CHOICE THAT REQUIRES CAREFUL CONSIDERATION OF YOUR HEALTH, GOALS, AND OVERALL WELL-BEING. WE ENCOURAGE SEEKING PROFESSIONAL GUIDANCE TO ENSURE YOUR JOURNEY IS SAFE, EFFECTIVE, AND TAILORED TO YOUR INDIVIDUAL NEEDS.