



# ELITE FITNESS TRAINER + MODEL

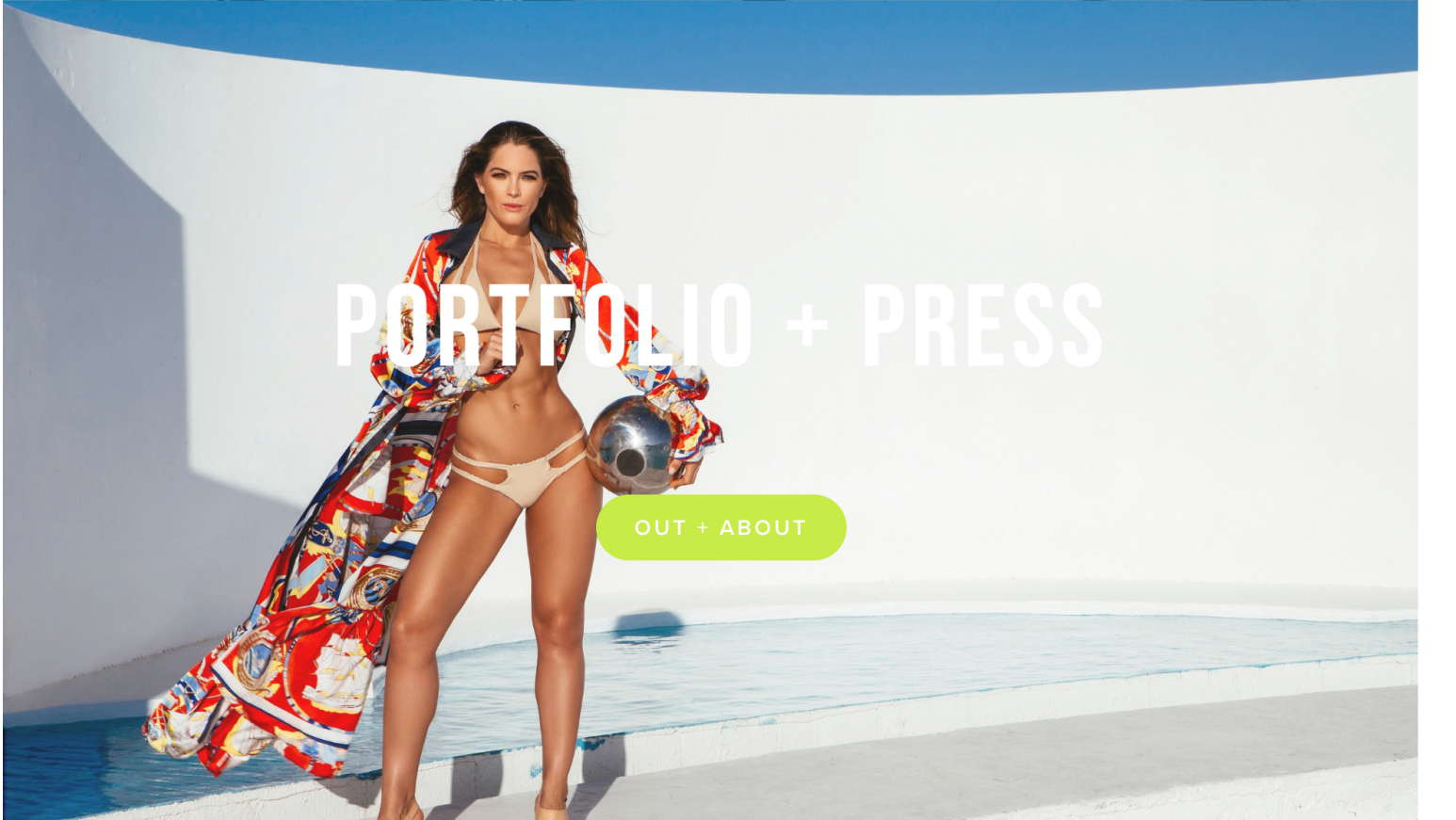
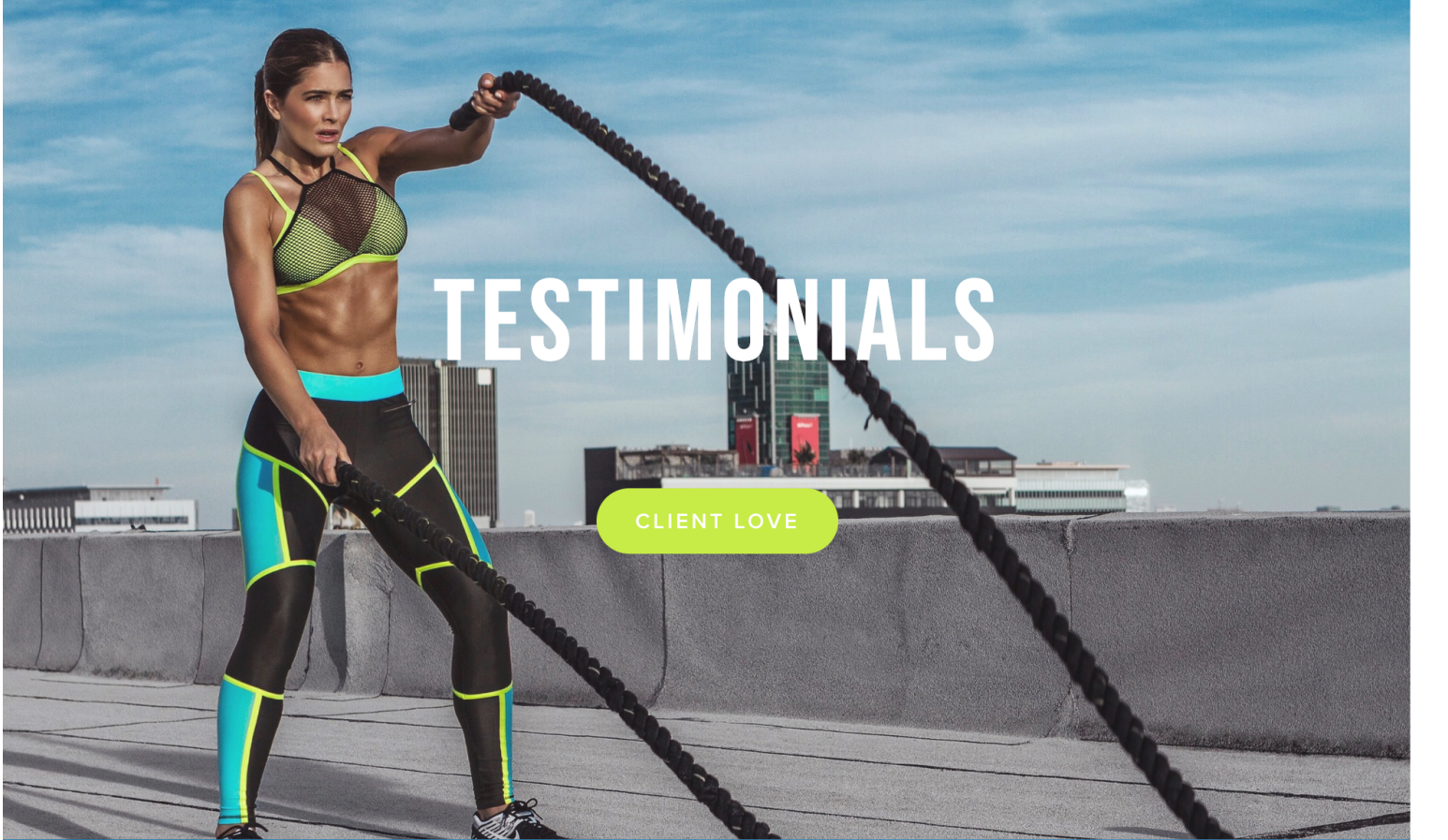
MEET SHANNON

Shannon S  
ALL THINGS FITNESS + FITNESS



# PROGRAMS AND PRODUCTS

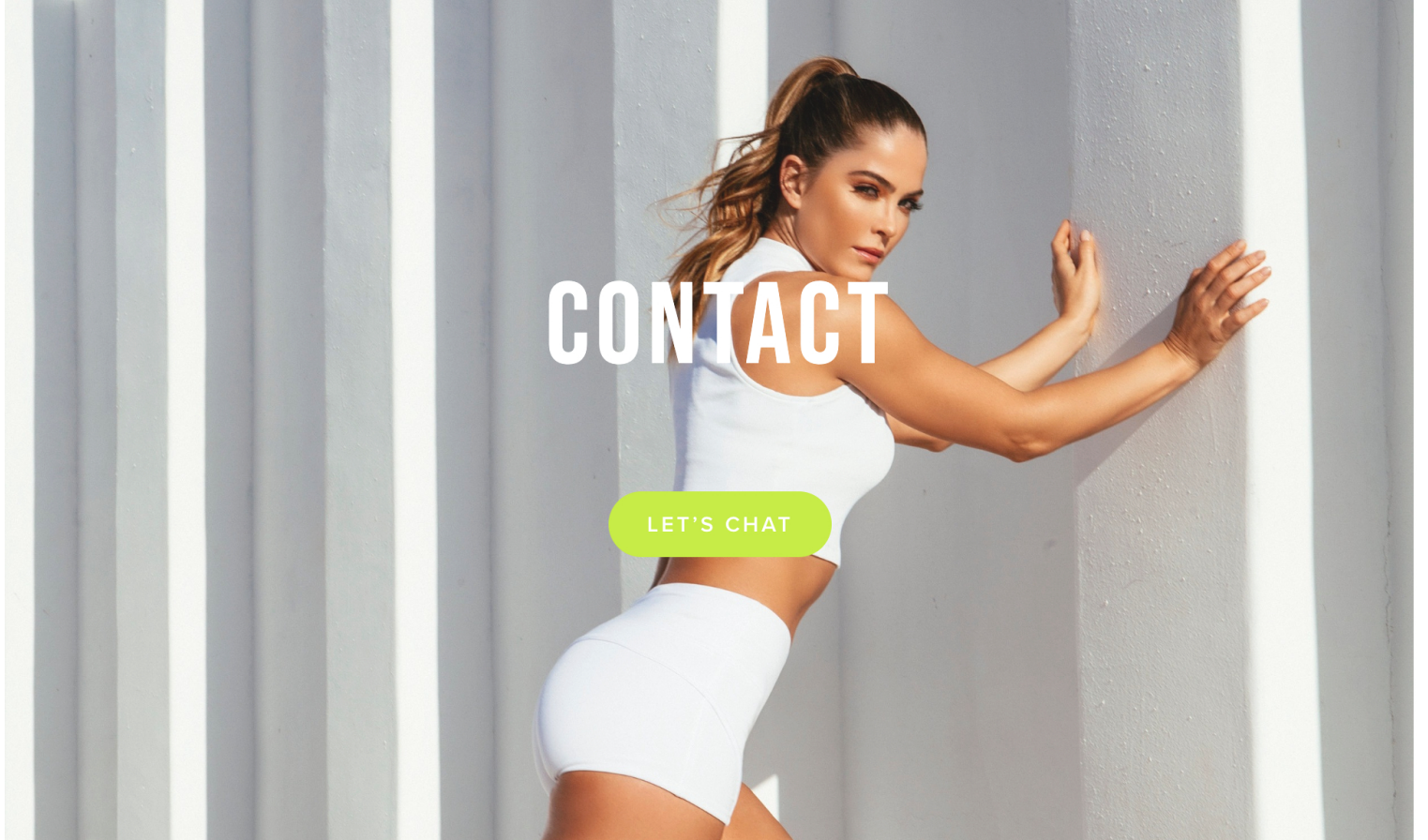
LET'S SHOP





# B[V]LOG

EXPLORE MORE



# CONTACT

LET'S CHAT

**JOIN OUR SQUAD**

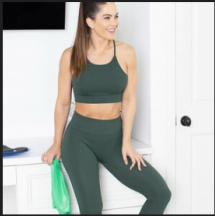
Sign up with your email address to be the first to hear about new programs, products + events.

For a limited time, I'm giving away my **7 DAY CONFIDENCE CHALLENGE** for **FREE** to the first 100 people to sign up. (A \$19.99 program for FREE... *chaa ching!*).

Email Address

I'M READY FOR MY GLOW UP

@SHANNONSHAPE



What if 2020 isn't cancelled?  
What if 2020 is the year we've been waiting for?  
A year so uncomfortable, so painful, so scary, so raw —  
that it finally forces us to grow.  
A year that screams so loud, finally awakening us  
from our ignorant slumber.  
A year we finally accept the need for change.  
Declare change. Work for change. Become the change.  
A year we finally bond together, instead of  
pushing each other further apart.  
  
2020 isn't cancelled, but rather  
the most important year of them all.  
  
— Briar Design



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