

Frequently Asked Questions

(as of 4/2020)

Is My Hot Body Project a subscription program?

Yes, it is. We charge monthly.

Can I cancel my subscription at any time? And how do I do that?

Log in to your Paypal account (not your MyHBP account) using your email address and password. Once logged in, click on the settings (gear) icon at the top of the page. Click "Account Settings", click "Money, Banks, Cards," and in the "Automatic Payments" section click the "Automatic Payments". This takes you to your list of merchants. Click "My Hot Body Project" from the list and then click "Cancel".

Or from the menu bar at the top of the page, click on "Payments." Under "Automatic payments" click "Manage automatic payments" and cancel from that point.

Please note: When you cancel your account your account will remain open until your next billing cycle and close before you would have made your next payment. So, you will always be able to use your account for the amount of time paid for.

What is the "Private Facebook Group" and how do I join it?

The My Hot Body Project private Facebook group is a group open to all paying members of My Hot Body Project. When you become a paying member, you will receive a link to request admittance into the group!

If I become a member do you provide live account support?

Yes! You will never feel like you signed up for something and then couldn't get in touch with us. We are here for you as a human (as opposed to a robot).

How many workouts do I get each month?

Amira produces a new training program every 4 weeks. In addition to these workouts, members have unlimited access to on-demand BattleGroove®, Shredded Strength (total body conditioning), and mobility training video workouts on the membership site.

Once a month Amira will host a time-based Shredded Strength Zoom session for members that will be recorded and shared on the membership site.

What else do I get besides workouts?

In addition to your workouts, you will receive

- The Holistic Hottie Travel and Dining Out Guide
- an extensive library of healthy recipes for meal prep inspo with meal planning examples
- lessons on nutrition to match your performance and physique goals