



*Find Your Strength, lose the weight*

## The Ultimate Lifestyle and Fitness Transformation

We are excited to announce our **6-WEEK TRANSFORMATION CHALLENGE** coming to you THIS SPRING! Summer is coming so we are turning the heat up a bit and bringing out the COMPETITOR in you.

At the end of 6-weeks we will have ONE GRAND PRIZE WINNER of \$500! Second place \$250! Third place one month of training free

Now it's important to note, **this is NOT the biggest loser! Rather, this is for the BIGGEST percentage of CHANGE!**

We want **EVERYONE** to have a chance to win, therefore, we'll be using our IN-BODY scale for accurate and detailed body composition analysis and measurements. This comprehensive body fat analyzer will give detailed information and accurate feedback during the challenge. Individual winners will be chosen on the results from their computer-generated body mass analysis and measurements.

We have leveled the playing field for all participants and will be scoring our participants based on our **Transformation Factor**.

Our Transformation factor will account for ALL changes to the body, pounds lost, body fat lost, inches lost, and muscle mass gained.

It's time to make the change that you've always dreamed about... **ARE YOU IN?!**

***For less than \$70 a week, you get***

- LOSE BODY FAT, GET IN SHAPE AND WIN BIG!
- Finally make that commitment to your fitness.
- Train in an unbelievable environment that makes you WANT to work out.
- Improve your Nutrition and learn to maintain a healthy diet forever.
- Help your friends/family get in the best shape of their lives.
- Be a part of a TEAM.
- GET IN SHAPE FOR BEFORE THE HOLIDAYS!
- BRAGGING RIGHTS!
- PLUS WHO DOESN'T LIKE \$500 IN CASH!

### **PROGRAM INCLUDES**

- 1 on 1 Goal Setting Success Session **\$50 value**
- 24 Custom Designed Semi-Private Training Sessions **\$360 value**
- Nutritional Meal Planning Guidance **\$200 value**
- Personalized Nutrition Plan **\$200 value**

- 1 on 1 Weekly Check-ins **\$150 value**
- You own Head Coach to guide you every step of the way
- Access to our ALL NEW Private Facebook Community
- Access to our Private Training Facility
- A fun inspiring community to keep you motivated
- Our entire TEAM dedicated to your success
- End of the challenge Success Party to celebrate your hard work!

**All of this for only \$70 a week!**

**IMPORTANT DATES:**

- Friday, April 5th - **Nutrition Seminar - 6:00pm - 7:00pm**
- Saturday, April 6th - **Initial Weigh-ins - 8:30am - 9:30am**
- Monday, April 8th - **OPENING DAY - TRAINING BEGINS!**
- Friday, May 17th - **Last day of Training Camp**
- Saturday, May 18th - **FINAL WEIGH-INS - 8:30am - 9:30am**
- Saturday, May 18th - **VICTORY PARTY - TBD**

**INDIVIDUAL PRIZES**

**1ST Place:** \$500 CASH MONEY and one month of training!

**2ND Place:** \$250 and one month of training<sup>1</sup>

**3RD Place:** One month of training!

**NEW MEMBERS GET EVERYTHING FOR**

**\$399**

*early bird specials*

*- March 11th to 18th \$250*

*March 19th- 25th \$350*



**CURRENT MEMBERS**

# FREE

*if you refer a friend or regular price of \$99*



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## OFFICIAL CONTEST RULES, INFORMATION & SCHEDULE

### **NUTRITION SEMINAR – Friday, April 5th @ 6 pm**

- This seminar will give you all of the tools that you need to make nutrition easy during your challenge.

### **THE TRANSFORMATION FACTOR**

Individual winners are the participants with the best *Transformation Factor*.

- **BODY TRANSFORMATION**

- Body weight Lost – 1 point / pound
- Lean Mass Gained – 1 point / pound
- Body Fat Lost – 1 point / percent
- Inches lost from Waist, thigh, and arm – 1 point / inch

- **PERFORMANCE ACHIEVEMENTS**

- Attendance: Attend 18 sessions during the challenge and receive 3 points towards your Transformation Factor! **\*\*DOUBLE DAILY SESSIONS DO NOT COUNT\*\***
- Weekly Challenges: Weekly challenges will be on Friday and Saturday. Win a weekly challenge and receive ½ point towards your transformation factor.

### **WEIGH-INS**

Weigh-ins are mandatory. You cannot win or graduate from the 6WT unless you have both your Initial and Final weigh-in numbers. Participants must weigh-in during designated times. **NO EXCEPTIONS.** If you cannot make an official weigh-in you may weigh-in before that designated time. There will be ZERO weigh-ins after the **FINAL WEIGH-IN DAY SATURDAY May 18th!!**