



# 8 WEEK CHALLENGE

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# THE SHED.



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*Welcome back!*

Welcome to our term 2, 2025 8 week challenge block! As always, it's new, it's fresh, and I'm ready to embrace the lifestyle change with you.

## **What's new about this training block?**

Mondays are now *Mad Mel Mondays* where we permanently welcome Melissa Hinchcliffe as coach to cardio Mondays! This gives me the chance to get amongst our environment and train with you amazing women, and I'm excited for this!

What also makes this new challenge block different from the rest, is that our Wednesday, Friday and Saturday sessions will have both strength and cardio blocks running alongside each other. I tested this out in the school holidays and gained some strong feedback on this format. I will be here to guide you on your choices, but realistically, you can decide on which way you take this block - more strength or cardio focused, or an even combination of both. This will depend on your goals, and I am here to help you assess where you're at and what you want to achieve. Sometimes choice is hard, so use me for advice and I'll help you navigate to tailor alongside what you're trying to achieve through this 8 weeks.



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## Term 2 training timetable

I normally run our challenge block alongside the school term, however week 1 involved 2 x public holidays with Easter Monday and Anzac day on the Friday. Therefore, we will be kicking off this new block the following week on Monday the 28<sup>th</sup> of April. I will still offer a few sessions in that previous week to ensure we're still moving, but the challenge won't officially kick off until the following week (no cost for that previous week for challenge members).

**Monday** : 5.45am - 6.30am - early morning - cardio

**Tuesday** : 5.45pm - 6.30pm - afternoon - cardio

**Wednesday** : 5.45am - 6.30am - early morning - cardio/strength

**Friday** : 5.45am - 6.30am - early morning - cardio / strength

**Friday** : 5.30pm - 6.15pm - afternoon - strength with the barbells

**Saturday** : 6.00am - 6.45am - early morning - cardio/strength

## Challenge cost

**Option 1** - \$45 per week for unlimited classes

**Option 2** - \$30 per week for 2 x classes

Both options require direct debit set up through our trainerize app, and it will automatically stop at the end of the 8 weeks.



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## How to sign up?

Click on your chosen training option and complete your details. Payments won't start until Monday the 28<sup>th</sup> of April. Filling the link in early secures your spot in the challenge, and also allows for a free week of training prior to the challenge starting.

Official start date : April 28<sup>th</sup>

## NON MEMBERS:

Click the link below and complete your details in the Jotform first.

<https://form.jotform.com/231657133993059>

## CURRENT MEMBERS:

### Unlimited training option:

<https://www.trainerize.me/profile/emmaokeeffecoaching/?planGUID=29dea846ca67447f8d4248a3436f19ab>

### 2 x per week training option:

<https://www.trainerize.me/profile/emmaokeeffecoaching/?planGUID=1b30d464af26419a9f1677c79d5ff533>

Any questions, just reach out!  
Let's get it!

Em x