



OVERTIME FITNESS
CHALLENGE MEMBER MANUAL

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WELCOME TO THE OVERTIME FITNESS COMMUNITY

This challenge is built on empowerment, not pressure. At Overtime Fitness, we believe health and wellness is about consistency, self-trust, confidence, and community. Whether this is your first group challenge or your tenth, you belong here.

Our mission is to provide structure, encouragement, and tools to help you build sustainable habits. You are never expected to be perfect. You are only encouraged to keep showing up.

2. WHAT THIS CHALLENGE IS (AND IS NOT)

This challenge is

- A group fitness and wellness experience
- A supportive environment led by coaches
- A place to learn about movement, nutrition, and mindset
- A tool to build consistency and confidence

This challenge is not

- A guarantee of weight loss or physical results
- A medical or therapeutic program
- A replacement for professional healthcare advice
- A competition you must "win" to succeed

3. CHALLENGE STRUCTURE AND FLOW

Each challenge typically includes

- A defined registration window
- A start date and end date
- Group workouts and community accountability
- Tracking such as weigh-ins or photos
- Educational sessions (fitness, mindset, wellness, or nutrition)
- Dates, schedules, and offerings may change from challenge to challenge

4. GETTING STARTED AS A BEGINNER

If you are new to group fitness, this program is designed to support you step-by-step. Here are some suggested beginner tools.

- Food scale or meal prep containers
- Water bottle
- Comfortable workout clothes and shoes
- Journal, notes app, or simple tracking method
- Fitness tracker



You do not need to be in shape to start. You build fitness by starting. Starting benchmarks such as weight, measurements, photos, or performance are optional and used only for personal growth if you choose to track them.

5. FITNESS AND MOVEMENT GUIDANCE

Movement is a cornerstone of this challenge. Coaches provide guidance, modifications, and encouragement to support all fitness levels.

- General expectations
- Attend classes consistently
- Modify movements when needed
- Focus on progress over perfection
- Communicate with coaches if unsure

Group Workouts

- Reserve your classes every week to help you stay accountable
- Aim for 4-6 Resistance Training Days
- Additional Recommendations will be given for individual goals

Why Resistance Training Matters

- Builds lean muscle
- Boosts metabolism
- Builds and maintains bone density and tendon resilience
- Prevents sarcopenia and atrophy
- Burns more fat at rest
- Prevents injury

6. NUTRITION SUPPORT AND EDUCATION

Nutrition support within this challenge is educational and lifestyle-based.

Participants may receive

- General nutrition education
- Tips for building balanced meals
- Protein and hydration guidance
- Sample ideas for meals and snacks
- Recipes and practical tools
- Support with consistency and habits

Any macro guidance, meal ideas, or nutrition tips are for general educational purposes only and are not medical or dietetic prescriptions. There is no requirement to follow a specific diet. The focus is on sustainable habits, not restriction.



7. ACCOUNTABILITY AND COMMUNITY SUPPORT

You are not doing this alone. Community is one of the strongest parts of this challenge.

Coaches provide guidance and support, but each participant is responsible for their own participation, effort, and choices.

Support may include

- Group encouragement and shared wins
- Coach check-ins, feedback, and/or online group chats

THE SUNDAY RESET

Mindset & Yin Yoga Sundays at 7:00 AM are for reset.

Join us for a dedicated Mindset and Yin Yoga session designed to help you stay grounded, focused, and committed to your goals. This is not just stretching. This is intentional recovery and mental training.

This session is part of our wellness-centered approach to training. No distractions. Just space to reset, refocus, and begin the week with clarity and strength.



8. TRACKING YOUR PROGRESS

Tracking is optional and used as a personal awareness tool.

- Participants may choose to track
- Workout attendance
- Energy levels
- Sleep quality
- Nutrition habits
- Strength or endurance improvements
- Weight, photos, or measurements
- Mindset and consistency



Progress often shows up in many ways beyond the scale, including confidence, energy, discipline, and self-trust.

9. IMPORTANT DATES

DATE	FOCUS
January 19 to January 31, 2026	Blue Star Registration Period
January 30, 2026: 4:30 PM - 6:45 PM	Weigh-in & Measurements
January 31, 2026: 8:15 AM - 8:45 AM	Weigh-in & Measurements
January 31, 2026: 9:00 AM to 10:00 AM	Group Challenge Orientation
January 31, 2026: 10:00 AM - 11:00 AM	Weigh-in & Measurements
February 1, 2026	Group Challenge Begins
February 1, 2026 (every Sunday) until April 26, 2026	Mindset & Yin Yoga Reset
February 1, 2026: 9:15 AM - 11:00 AM	First Weigh-in & Measurements
February 22, 2026: 11:00 AM - 12:00 PM	Supplement & Nutrition Session
February 1, 2026: 9:15 AM - 11:00 AM	Weigh-in
February 28, 2026: 8:15 AM - 11:00 AM	Weigh-in
March 28, 2026: 8:15 AM - 11:00 AM	Weigh-in
May 1, 2026 and May 2, 2026: times may vary	Final weigh-in and Measurements
May 2, 2026: details to follow	Celebration: Challenge Concludes

10. PARTNERSHIP SUPPORT

Overtime Fitness partners with Popeye's Supplements Winnipeg and other local businesses to support members with education and optional supplement access.

During some challenges, participants may receive:

- Educational supplement sessions
- Access to member discounts such as 20% OFF regular-priced products or the better deal offered in-store

Overtime Fitness is independent from Popeye's corporate operations and from Blue Star Nutraceuticals. This partnership exists to support members with education and access only.



11. DISCLAIMERS AND PARTICIPANT AGREEMENT

This challenge is a group fitness and wellness program only.

By participating, you acknowledge that

- Overtime Fitness does not guarantee results of any kind
- Results vary based on individual effort, consistency, lifestyle, and personal factors
- Coaching, tips, workouts, nutrition guidance, and resources are provided for educational and motivational purposes
- Information shared does not replace medical, dietetic, or professional healthcare advice
- You are responsible for your own participation, effort, and decisions

Overtime Fitness is not responsible for

- Individual outcomes
- External competitions or how winners are selected
- Dissatisfaction based on unmet personal expectations

Participation in any external challenges, competitions, or special events is voluntary and separate from Overtime Fitness programming.

12. FINAL ENCOURAGEMENT

This challenge is about becoming the strongest version of you, inside and out. You are supported here. You are welcome here. You are capable of growth. Progress comes from small consistent choices, not perfection. Trust the process, lean into the community, and celebrate every step forward.