



8 Week Fat Loss Challenge October 11th – December 6th 2009

What do you get for your Investment?

- Assessments at the beginning, half-way point and end of the Challenge
- Six optional group workouts to attend (highly recommended)
- An eight week training and food diary to record your success
- An exercise programme
- Nutritional and dietary advice
- The opportunity to win a cash prize of **\$1000**
- Before and After Photos (email copy available)
- A set structure and timeframe so you can totally focus on your health and fitness goals

Silver - **B³ 8 Week Challenge** - \$200 pp

1. Program show
2. 6 x optional group workouts
3. A training diary
4. Nutritional advice with System Slim consultant
5. Unlimited phone and email support from personal trainer Peter

Gold - **B³ 8 Week Challenge & 8 Boot Camp Sessions** - \$350pp

1. Program show
2. 14 group workouts (6 with Challenge, 8 Boot Camp sessions**)
3. A training diary
4. Fitness assessment
5. Nutritional advice with System Slim consultant

Platinum - **B³ 8 Week Challenge & 16 Boot Camp Sessions** - \$500pp

1. Entitles you to everything in Gold option plus 8 extra Boot Camp sessions**

Alternatively, make up a combo of your choice including discounted personal training, Boot Camp sessions or a System Slim consultation

Payment can be made in full with **CASH OR CHEQUE ONLY** at the beginning of the Challenge or via direct credit to B³ Personal Training's ANZ account 01-0141-0000477-00

Please make CHEQUES out to B³ Personal Training Ltd

How to WIN the B³ Challenge and Achieve your Goals

- Make a **commitment** to complete the challenge and show you are serious about achieving amazing results
- **Complete your training diary** for the FULL eight weeks.
- **Complete your nutrition diary** for the FULL eight weeks.
- Set **three goals** you want to achieve from the following areas:
 - Weight Loss – Lose a certain amount of weight
 - Muscle Gain – Increase lean muscle mass
 - Strength Gain – Increase strength on certain movements
 - Body Fat Loss – Decrease body fat by a specific amount
 - Fitness – Achieve a specific level of fitness ie. run 5 kilometres
 - Exercise – Exercise a specific number of times per week
 - Nutrition – Change eating and drinking habits to create a healthier lifestyle
 - Lifestyle – Have more family time, decrease stress levels

Suggestions to make your Experience more Productive and Successful

- Get in touch with the B³ 8 Week Challenge team to **book your first assessment** and to discuss the **setting of your three goals** – personal trainers can help you if you are struggling or need advice
- Have your goals **clearly defined** before the start of the challenge
- Put in place any **extra services** (personal trainers, dieticians or nutritionist) that you may require during the challenge

** B³ Boot Camp sessions will be run on Mondays and Wednesdays for the duration of the 8 Week Challenge. Choose either Monday or Wednesday sessions or both to make up your 8 or 16 Boot Camp sessions

For more information call 0800 B3 TRAINING or visit www.b3training.com