

# B<sup>3</sup>

## **Get on the road to a six pack in six weeks**

**Win the ultimate Lamborghini driving experience by taking part in this year's B3 Challenge**

**For more information call 0800 B3 TRAINING  
Starts 14th March**

### **What do you get for your investment?**

- Goal setting assistance
- To totally focus on your health and fitness goals within a set timeframe
- The opportunity to drive a Lamborghini around Hampton Downs race track
- Weight, Measurement and Body Fat Assessments at the beginning, two week mark and end of the challenge Optional Before and After Photos (email copy available)
- Exercise programme
- Nutritional and dietary Tips
- A comprehensive six week training diary to record your success
- Six group workouts to attend
- Support and mentoring via phone or email from Peter Bristow

## Entry Fees and Options:

- **Option One – Challenge** - \$220 pp
    1. Goal setting
    2. 6 x group work outs
    3. Training diary
    4. Assessments
    5. Support and Mentoring
    6. Before and After Photos
  - **Option Two –Challenge & B3 Boot Camps** - \$310 / \$400 pp
    - \$310 = Six extra Boot Camp session/wk
    - \$400 = Twelve extra Boot Camp sessions /wk
      1. Extra group sessions
      2. All the above
- **Option Three – System Slim Nutrition Upgrade** - \$470 pp + \$34/wk
- **Increased results** when Nutrition is addressed. Nutrition is the foundation if the foundation is not right then change cannot take place.
- Private and confidential consultation **weekly**
- Someone to encourage and be held accountable
- Take the guess work out and **learn** to eat the right thing at the right time of day
- Advise on supplements to help your body recover from the training
- Have you tried to do the nutrition by yourself before and not achieved the results you wanted then Gillian can help.

***Payment can be made in full with CASH OR CHEQUE ONLY at the beginning of the Challenge or via AUTOMATIC PAYMENT (\$25 fee applies)over the first 3 weeks. Please make CHEQUES out to B<sup>3</sup> Personal Training Ltd.***

**For more information call 0800 B3 TRAINING**

# How to WIN the **Lamborghini** and achieve your challenge goals

- Make a **commitment** to complete the challenge and show you are serious about achieving amazing results
- **Complete your training diary** for the six weeks
- **Complete your nutrition diary** for the six 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 B<sup>3</sup> Personal Training team **before** the first assessment 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** by the start of the challenge
- Put in place any **extra services** (personal trainers, dieticians or nutritionist) that you may require during the challenge

**For more information call 0800 B3 TRAINING**