

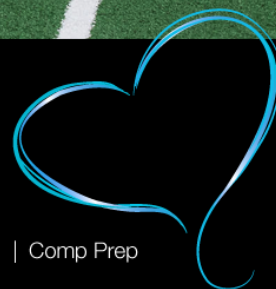
POWER FACTORY FITNESS

8 WEEK SHRED

Prepared by Mindy Bush



Your Dream... my goal



Cert III & IV in Fitness | Personal Training | Online Training | Comp Prep

www.powerfactoryfitness.com.au

2023 FINAL GET SHRED CHALLENGE!

Firstly please understand there is a massive difference between knowing what to do in a transformation challenge and actually doing it.

Power factory fitness has a highly integrated approach between the right amounts of cardio, strength training and nutrition and our results speak for themselves in the previous challenges.

Our environment is fun, friendly and shreds fat whilst building strong muscles and achieving optimal health.

Change and feeling uncomfortable can be so tough for everyone, by making this investment you are committing to positive change and you bet you will be grateful.

We will be holding two different types of challenges in this challenge.

Fitness

Fat loss

Both will be providing you with.

- 4 x healthy meal plans
- Supplement advice
- 8 weeks worth of Saturday morning boot camps
- 8 weeks worth of Wednesday afternoon boot camps
- 3 official weigh ins
- Weekly Saturday weigh ins
- Unlimited classes
- 24 hour access for the 8 weeks
- Online and constant support
- Cash prizes and other prizes to be won

Module 1:

Fat Loss

- *8 weeks of Saturday boot camps location TBA
- *8 weeks of Wednesday boot camps location TBA
- *8 weeks of 24-hour gym access
- *4 x healthy food plans
- *3x official weigh ins
- *1 x hill 60 run
- *1 x sand dunes TBA
- * Must attend 70% of boot camps to win
- *Must attend all check ins
- *Online ongoing support
- * A weekly step goal
- *PARTY AFTER

Not just judged on weight loss also on:

- Photos
- Overall participation
- Food diary

Module 2:

Beast mode

- *8 weeks worth of Saturday morning boot camps
- *8 weeks worth of Wednesday morning boot camps
- *8 weeks of 24 hour access to the gym
- * 4 x healthy meal plans
- * 8 weeks of Beast workouts
- *1 x hill 60 run
- *1 x sand dunes TBA
- * 3x official weigh in's
- *All Competition workouts must be completed and filmed to win
- *Online ongoing support
- * A weekly step goal
- *PARTY AFTER

WEEK ONE:

PLEASE HOLD THIS SIGN WEEK 1

October the 14th

WEIGHT:

WEEK FOUR:

PLEASE HOLD THIS SHEET WEEK 4

Nov the 11th

WEIGHT:

WEEK EIGHT:

PLEASE HOLD THIS SHEET WEEK EIGHT

Dec the 9th

WEIGHT:

FOR WEIGHT LOSS PPL IN 25 WORDS OR MORE
PLEASE TELL ME WHAT YOU HAVE GAINED FROM
THIS CHALLENGE AND EXPERIENCE.

WHAT HAVE YOU TAKEN AWAY FROM THE
CHALLENGE AND WILL YOU CONTINUE TO
IMPLEMENT.
