

# 56 DAY TRANSFORMATION CHALLENGE



***Go beyond your current form and transform. Improve your lifestyle and your health. Feel stronger, more energetic and confident, have a sharper mental state and improved sleep.***

*The 56 day transformation challenge is flexible and offers lots of exercise variety. It will test both physical and mental prowess. The rewards will be in the results:*

- *Fat loss*
- *Strength gains*
- *Reduced weight*
- *Improved fitness*
- *A new body shape*
- *Self worth and confidence*

***You will have access to:***

- ***Meal plan options.***
- ***A personalised health and fitness contract stipulating nutrition and exercise guidelines.***
- ***A choice of 25 fitness classes (early morning, mid morning and evening) per week giving you flexibility and variety.***
- ***Before/after photos (optional).***
- ***Body composition analysis and measurements (before, mid-way and end of program).***



***The transformation challenge will involve committing to a 'health and fitness contract' for 56 days and maintaining a written nutrition and exercise diary.***

***"You're one decision away from a totally different life."***

**Starts Monday 26 July 2021.**

***Cost:*** \$420. Book and pay before the start and get the transformation challenge for \$249.

***Bonus:*** FREE access to gym during opening hours (see Bootcamp Timetable 2020).

*Places are limited. Book NOW.  
Phone/text Body Blitzer: 0488 988 938  
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***MONEY BACK GUARANTEE:*** Lose 8kg in 56 days, or your money back. You risk NOTHING, except dropping 8kg. Conditions apply.