

Sweatmaster **7** week shape-up

'All progress takes place outside the comfort zone.'

Time to: STOP, REFLECT & RESET

Yes, its back for 2023!

With an average of 25% Body change in just 7 weeks, there is no better steppingstone to enhance your Health and Fitness. An opportunity to challenging yourself, or simply getting your health and fitness back on track!

WHAT'S INCLUDED

- ❖ 7 Weeks of Training
- ❖ 2 x Body Scans
- ❖ Sweaty Nutrition recipes
- ❖ 7 Weeks of INCREASING challenges to complete
- ❖ Nutritional advises, consistent coaching and support.
- ❖ Over 26 classes a week to select from

STARTS

Saturday 4th February - Saturday 25th March

First Body 20 min scan sessions test starts on the weekend of

Friday 3rd - Sunday 5th February

(Other times can be arranged by appointment only)

You will be encouraged and supported to challenge yourself in terms of training differently and consistently. Modify habits in your day-to-day life to reflect a more balanced focus on your Health and Wellbeing

3 WINNING PRIZES

- ❖ First Individual winner with highest body % change over all (muscle gain % and body fat lose %)
 - ❖ Most consistent and committed
 - ❖ Overall fitness improved

What is The 7 Week Shape-Up?

The Sweatmaster 7-week shape-up is a fun but functional competition designed to help motivate you to lose weight, tone up and increase your fitness to a level you never thought was achievable!

Just think less fat and more muscle tone... That's our objective for you.

What Do You Need To Do To Enter?

- Sign up via online or email pt@sweatmaster.com.au
 - Book in for your first BIO impedance test via email or we will call after sign up
 - Let yourself be open to change
- Email Leigh at pt@sweatmaster.com.au for an entry form

What Do I Need To Do To Win?

Winners will be determined by total % of body fat loss **AND** body muscle % gain.
Body fat loss is fantastic but to get both body fat loss and muscle gain is harder but a lot more beneficial approach to gain a healthier stronger you.

\$150 Entry

Non-members need to join as a member to have access to classes

For more information or to book your first TEST please email pt@sweatmaster.com.au or call 0407512708