



**busta
move**
personal training

CHALLENGER SURVIVAL KIT

595 BALCOMBE ROAD, BLACK ROCK

0438 811 556

WWW.BUSTAMOVEPERSONALTRAINING.COM



WELCOME CHALLENGERS

ALL LEVELS OF FITNESS ARE **WELCOME** AT OUR CHALLENGES

WE CATER TO **INDIVIDUAL NEEDS** AND ABILITIES, AND EQUIP YOU
WITH THE TOOLS, MOTIVATION AND SUPPORT TO ACHIEVE YOUR
UNIQUE HEALTH OR FITNESS GOALS

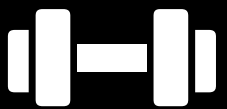
THIS **SURVIVAL KIT** OUTLINES
REQUIREMENTS THAT MUST BE MET IN ORDER TO WIN THE
CHALLENGE AND BE ELIGIBLE TO RECEIVE A FULL REFUND,
SERVICES AND INCLUSIONS THAT WILL BE PROVIDED AND SOME
FURTHER HELPFUL INFORMATION

WE LOOK FORWARD TO HELPING YOU **SUCCEED** NOT ONLY
THROUGHOUT THE **CHALLENGE**, BUT ALSO POST CHALLENGE IN
MAINTAINING A **HEALTHY LIFESTYLE**



BUILD

ENDURANCE



STONE UP



INCREASE

FLEXIBILITY



LOWER

BODY FAT



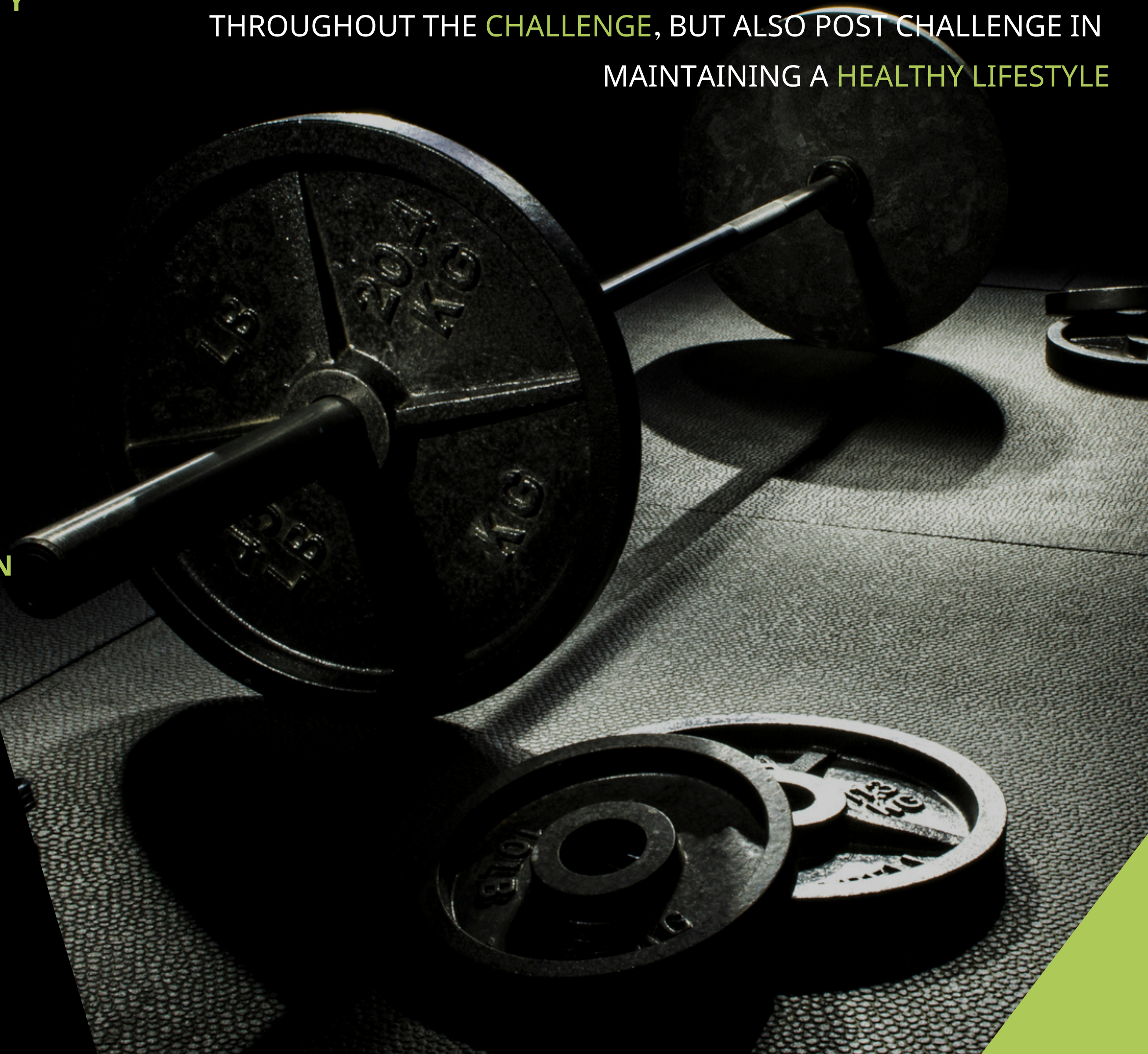
IMPROVE

NUTRITION



GAIN

MUSCLE



CHALLENGE REQUIREMENTS

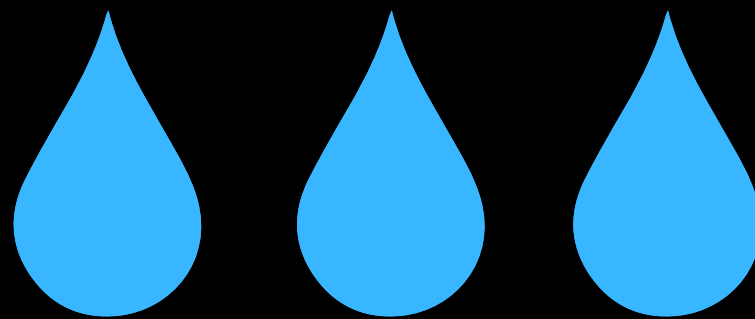
IN ORDER TO BE ELIGIBLE TO WIN CHALLENGERS MUST COMPLETE ALL REQUIREMENTS

- COMPLETE ALL EXTRA STRENGTH & CARDIO SESSIONS
- ATTEND WEEKLY WEIGHT & WAIST MONITORING
- RESPOND TO FOOD PHOTO & ALL OTHER REQUESTS
- ATTEND ALL SUNDAY OUTDOOR SESSIONS
- EMAIL FOOD DIARY EVERY MONDAY
- COMPLETE WEEKLY CHALLENGES
- ENSURE ALL PAYMENTS ARE UP TO DATE
- ATTEND ALL BOOKED SESSIONS (MINIMUM 3 PER WEEK)
- HAVE 3 – 4 ALCOHOL FREE DAYS EACH WEEK
- CONSUME MINIMAL RED MEAT



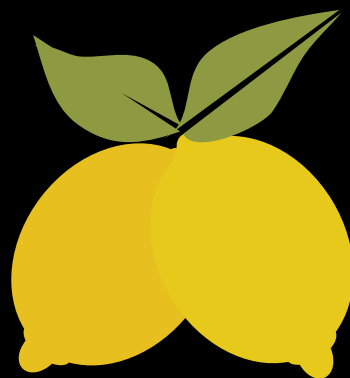
DAILY REQUIREMENTS

6 – 8 GLASSES OF WATER



HALF A LEMON & A DASH OF APPLE CIDER

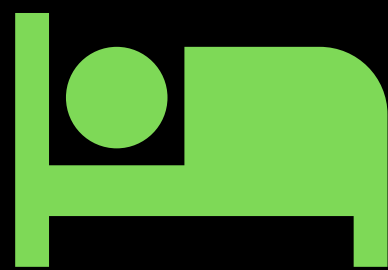
VINEGAR IN HOT WATER ON RISING



1 COFFEE – MAXIMUM



7-8 HOURS OF SLEEP



REACH 10,000 STEPS



WHAT'S INCLUDED

FULL BODY COMPOSITION ANALYSIS

PRE & POST CHALLENGE BODY SCAN ANALYSIS

PRE & POST CHALLENGE FITNESS
ASSESSMENTS

UNLIMITED GROUP TRAINING

NUTRITIONAL ADVICE

EXTRA CARDIO WORK OUTS

CIPES

MOTIVATION & SUPPORT

WEEKLY WEIGH INS

CONTACT US FOR PRICING

CALL 0438 811 556

EMAIL enquiries@bustamovepersonaltraining.com



SEE WHAT YOU ARE MADE OF
PROTEIN - MINERALS - BODY FAT MASS - TOTAL BODY WATER

ASSESSMENT PROCESS

STRENGTH & FITNESS TESTING

BODY COMPOSITION ANALYSIS

WEIGHT/HEIGHT

TARGET WEIGHT

WEIGHT CONTROL

FAT CONTROL

MUSCLE CONTROL

MUSCLE

FAT ANALYSIS

CALCULATED ANALYSIS

BMI/PBF (PERCENT BODY FAT)

BODY WATER ANALYSIS


BODY BALANCE EVALUATION

SEGMENTAL FAT & MUSCLE ANALYSIS

WAIST TO HIP RATIO

VISCERAL FAT LEVEL

BASAL METABOLIC RATE



TRAINING

**MINIMUM 3 SESSIONS PER
WEEK**

Adding

EXTRA CARDIO SESSION

**GROUP SESSIONS WILL BE A
MIX OF
STRENGTH, CARDIO, CORE AND
BOXING**

WEEKLY EXERCISE CHALLENGES

ADVICE & MOTIVATION

GROUP TIMETABLE

6:00 – 7:00 AM

MONDAY – FRIDAY

9:00 – 10:00 AM

MONDAY – SATURDAY

6:30 – 7:30 PM

MONDAY – THURSDAY

7:00 – 8:00 AM

SATURDAY

9:00 – 10:00 AM

SATURDAY

8:30 – 9:15 AM

SUNDAY



**OVERALL
CHALLENGE
WINNER RECEIVES
A FULL REFUND**

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