



**busta  
move**  
personal training

# CHALLENGER SURVIVAL KIT

595 BALCOMBE ROAD, BLACK ROCK

0438 811 556

[WWW.BUSTAMOVEPERSONALTRAINING.COM](http://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**

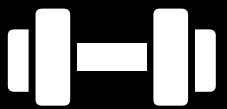
THIS **SURVIVAL KIT** OUTLINES  
REQUIREMENTS THAT MUST BE MET IN ORDER TO WIN THE  
CHALLENGE AND BE ELIGIBLE TO RECEIVE A FULL REFUND,  
SERVICES AND INCLUSIONS THAT WILL BE PROVIDED AND SOME  
FURTHER HELPFUL INFORMATION

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



**BUILD**

**ENDURANCE**



**TONE UP**



**INCREASE**

**FLEXIBILITY**



**LOWER**

**BODY FAT**



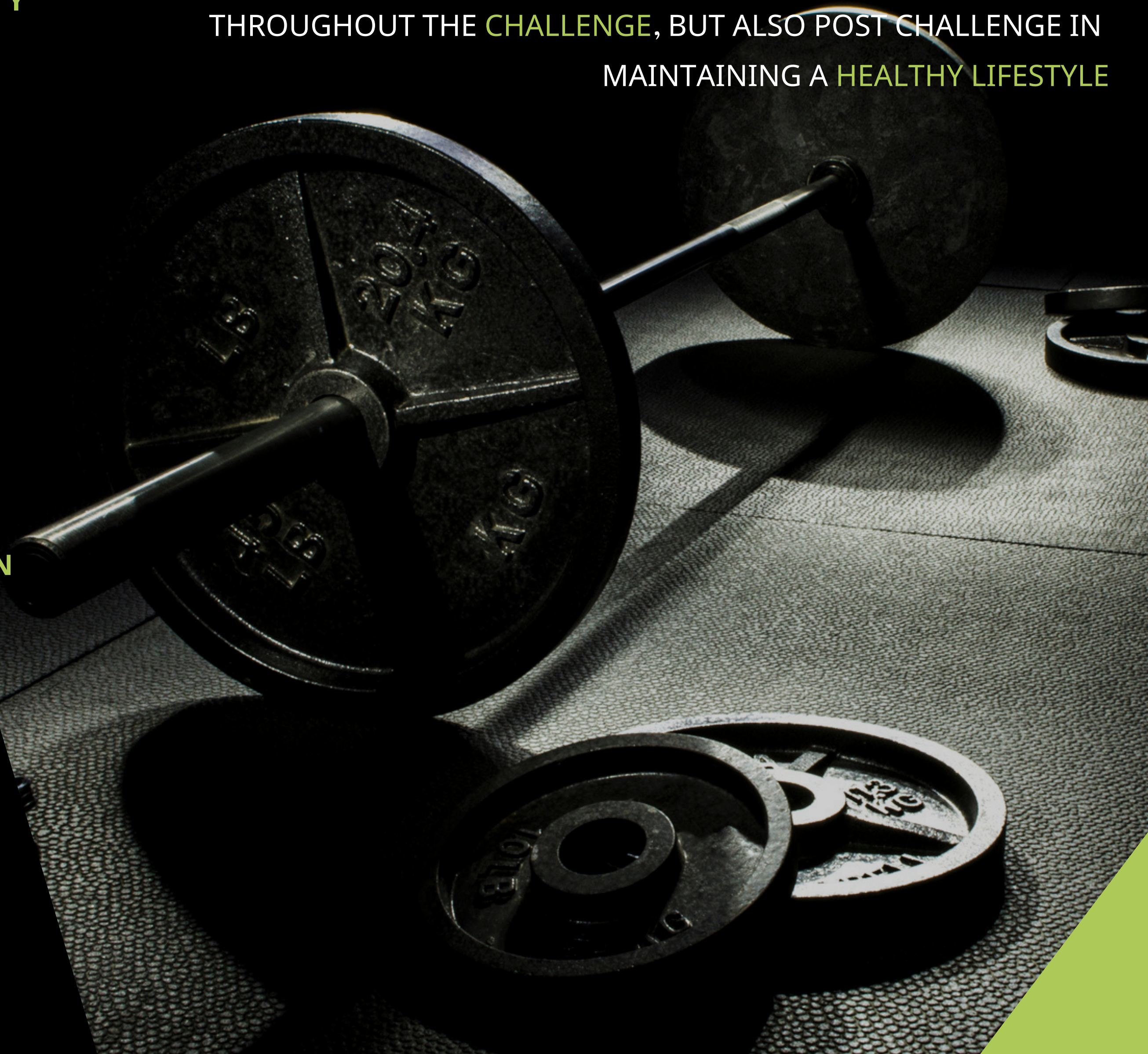
**IMPROVE**

**NUTRITION**



**GAIN**

**MUSCLE**





# CHALLENGE REQUIREMENTS

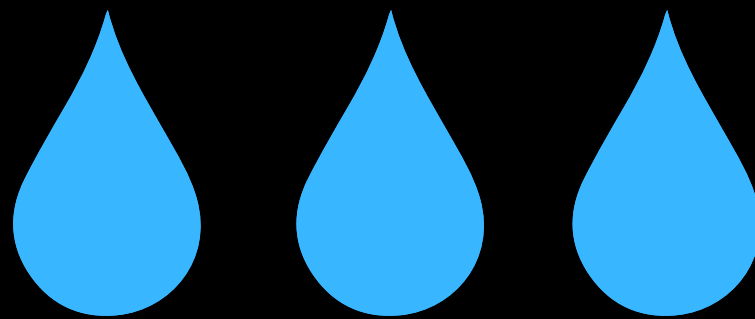
IN ORDER TO BE ELIGIBLE TO WIN CHALLENGERS MUST COMPLETE ALL REQUIREMENTS

- 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



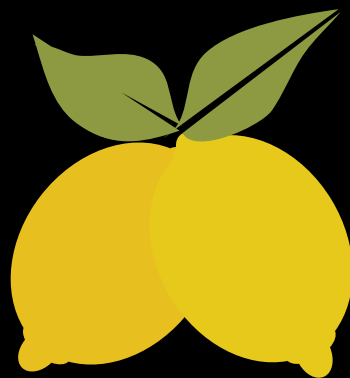
# DAILY REQUIREMENTS

6 – 8 GLASSES OF WATER



HALF A LEMON & A DASH OF APPLE CIDER

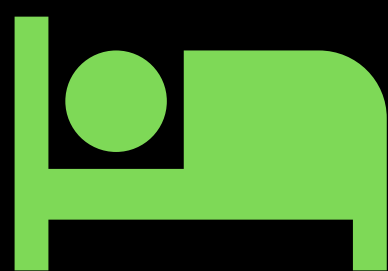
VINEGAR IN HOT WATER ON RISING



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](mailto: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