



**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

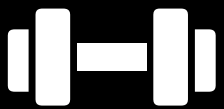
THIS SURVIVAL KIT OUTLINES
REQUIREMENTS THAT MUST BE MET IN ORDER TO WIN THE
CHALLENGE AND BE ELIGIBLE TO RECEIVE A FULL REFUND,
SERVICES AND INCLUSIONS THAT WILL BE PROVIDED AND SOME
FURTHER HELPFUL INFORMATION

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



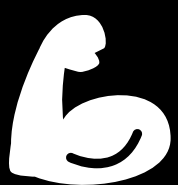
LOWER

BODY FAT



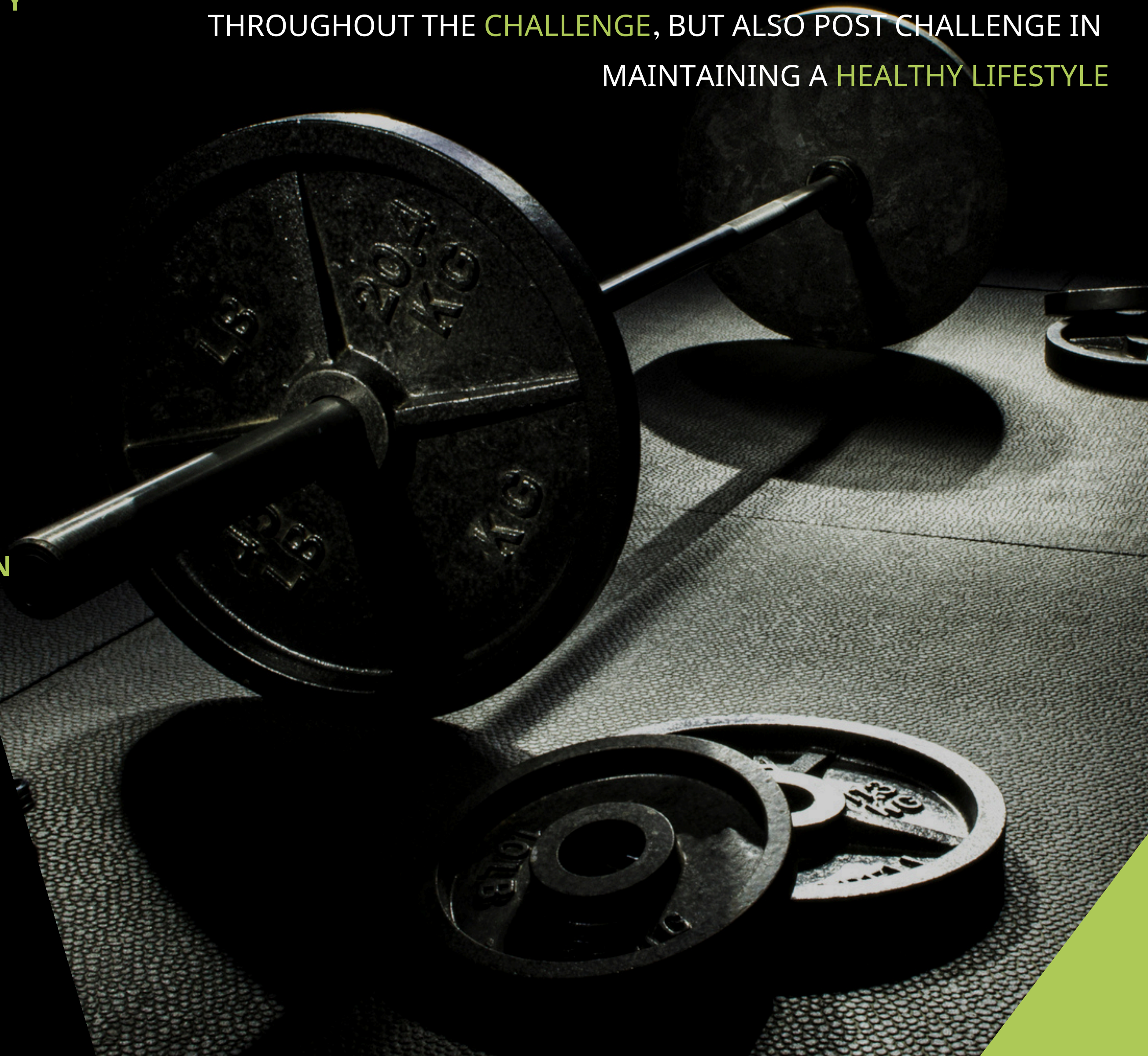
IMPROVE

NUTRITION



GAIN

MUSCLE



CHALLENGE REQUIREMENTS

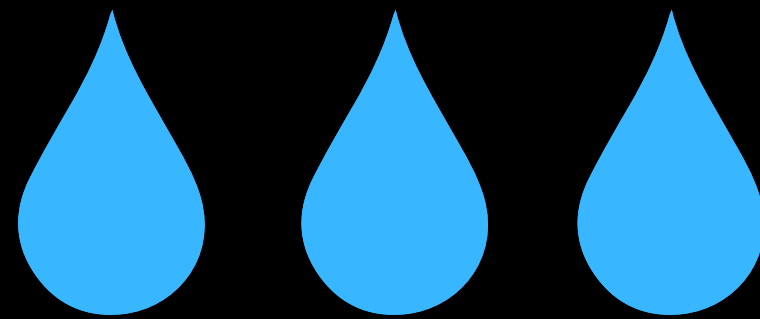
IN ORDER TO BE ELIGIBLE TO WIN CHALLENGERS MUST COMPLETE ALL REQUIREMENTS

- 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



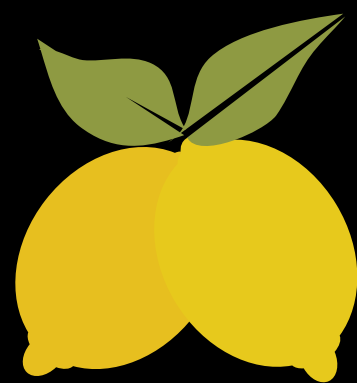
DAILY REQUIREMENTS

6 – 8 GLASSES OF WATER



HALF A LEMON & A DASH OF APPLE CIDER

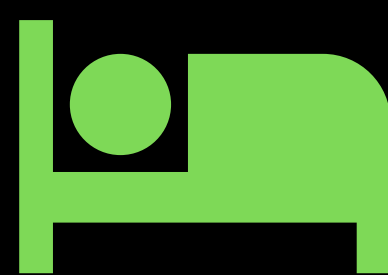
VINEGAR IN HOT WATER ON RISING



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 & STRENGTH WORK OUTS

PIPES

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**

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