



**busta  
move**  
personal training

# CHALLENGER SURVIVAL KIT

595 BALCOMBE ROAD, BLACK ROCK

0438 811 556

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





# WELCOME CHALLENGERS

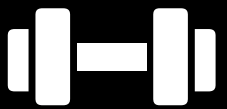
ALL LEVELS OF FITNESS ARE WELCOME AT OUR CHALLENGES



BUILD

ENDURANCE

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



STONE UP



INCREASE

FLEXIBILITY

THIS SURVIVAL KIT OUTLINES REQUIREMENTS THAT MUST BE MET IN ORDER TO WIN THE CHALLENGE, 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



LOWER

BODY FAT



IMPROVE

NUTRITION



GAIN

MUSCLE





# CHALLENGE REQUIREMENTS

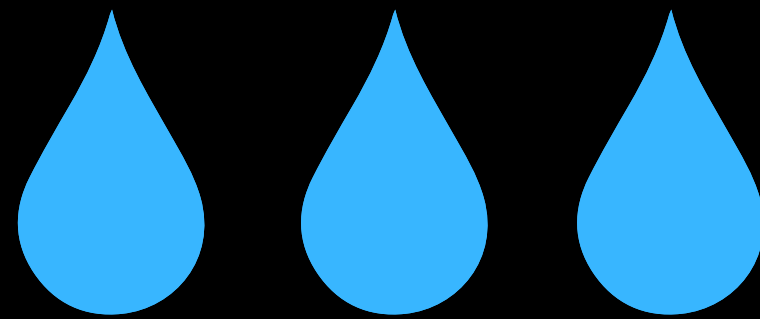
IN ORDER TO BE ELIGIBLE TO WIN CHALLENGERS MUST COMPLETE ALL REQUIREMENTS

- 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



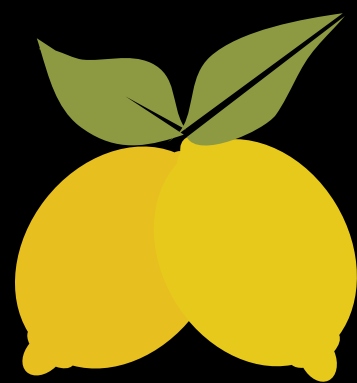
# DAILY REQUIREMENTS

6 – 8 GLASSES OF WATER



HALF A LEMON & A DASH OF APPLE CIDER

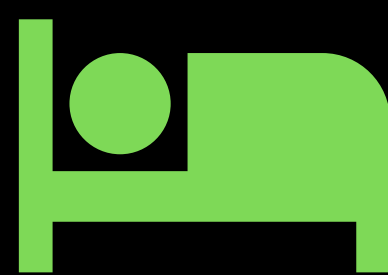
VINEGAR IN HOT WATER ON RISING



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

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**

**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