



PUREBRED FITNESS

30 DAY

SHRED CHALLENGE

INFORMATION BOOKLET

INVEST IN YOURSELF, THE REWARD IS GREATER THAN YOU WILL EVER KNOW.



INTRO

Thanks for your interest in Purebred's 30 Day Shred Challenge.

We understand lockdown and the festive season got the best of some of us, but it's finally time to put the pantry on lock and invest back in your physical and personal well being.

Purebred Fitness is throwing it back old school and re launching their OG 30 Day Shred Challenge. PB is offering the ultimate reset and refresh that you need.

Our 30 Day Shred requires time, dedication and hard work resulting in big transformations and a shifted mindset. It has been designed to snap you back into a healthier lifestyle and break those toxic habits that have held us back for long enough. We will provide you with all the tools, motivation and most importantly the fun required to excel to your best potential . All you need to do is SHOW UP, not just for us, but for yourself!

Purebred Fitness challenges are designed to provide optimum results for participants willing to entirely commit themselves in both their training and diet regime. Purebred have run over 10 challenges, all being consistent with outstanding results from our participants. We truly feel we have perfected our offering to provide you with all the resources you need for success.

The challenge sessions will have a strong focus on a mix of strength, cardio and full body conditioning. These fitness components will torch stubborn body fat, build lean muscle mass whilst improving technique and form in your everyday training. Our training is diverse and challenging, but is sure to leave you wanting more.

You will be provided with a detailed meal plan created by a professional nutritionist (vegetarian & vegan meal plans available) that breaks down your macronutrients by the meal. Our aim is to encourage a balanced lifestyle rather than participants feeling restricted. We like to make our meal plans sustainable and fun yet guaranteed to leave you with BIG results.

IS THIS CHALLENGE FOR ME?

Have you?

- Fallen into a slump during lockdown 2.0
- Consumed all those yummy festive calories
- Experienced a plateau in your diet or training
- Lost motivation

Do you want to?

- Burn stubborn body fat
- Build lean muscle mass
- Increase overall health and wellbeing
- Learn how to fuel your body and time your meals for optimum results
- Want to improve technique, form and understand more about exercise
- Want to meet incredible people who will support and guide you through your journey.

EARLY BIRD PRICE*

\$99.99 p/w

***ENDS 25/01/2022**

***PLUS GOLD WEEKLY MEMBERSHIP FEES OF
\$57.95 P/W**



INCLUSIONS

- OPEN GYM ACCESS & UNLIMITED ACCESS TO 60+ CLASSES A WEEK
- ONE 45 MINUTE PT SESSION (VALUE \$70)
- 2 X BODY COMPOSITION SCANS
- COACHING AND MENTORING BY QUALIFIED & EXPERIENCED TRAINERS
- MEAL PLAN DESIGNED BY QUALIFIED NUTRITIONIST
- GOAL SETTING & ACCOUNTABILITY
- ACCESS TO PRIVATE FACEBOOK GROUP
- LIVE COOKING CLASS + Q & A WITH NUTRITIONIST
- TRANSFORMATION PHOTOS
- WEEKLY SESSIONS & CATCH UPS WITH YOUR COACH AND TEAM
- ACCESS TO CHALLENGE ONLY TRAINING SESSIONS
- CUSTOMISED PUREBRED SINGLET & TOWEL
- MULTIPLE PRIZES TO BE WON!



IMPORTANT DATES

Challenge Introduction AND bench mark fitness testing

Saturday 5th 9.30am (allow 2 hours for this)

On the introduction morning we will be going through your Challenge booklets and covering all the important information required for the challenge. After the intro you will be required to complete your pre challenge benchmark fitness testing. If you cannot attend this you will be given alternate days to complete your fitness testing.

CONTENT COVERED

- Goal setting
- Training plan
- Diet plan
- Meet our Nutritionist
- Supplement talk
- Fitness benchmark testing
- Introduction to your coaches and teams

IN-BODY SCANS + TRANSFORMATION PHOTOS

Pre - InBody scans + Photos

Monday 7th February 4.45am-7am

Post InBody scans + Photos

Wednesday 9th March 4.45am-7am

Post Fitness Testing

Tuesday 8th March 6pm

EXCLUSIVE TRAINING SESSIONS*

*Sessions may be subject to change

Saturday 12th February- 6am Challenge session (Indoor)

Sunday 13th February - 5pm Live Q + A with Nutritionist (Virtual)

Wednesday 16th February - 5.30pm Challenge Session (Outdoor)

Sunday 20th February - 5pm Live cooking class with Nutritionist (Virtual)

Sunday 27th February - 7am Challenge Session (Outdoor)

Tuesday 8th March - 6pm Challenge Session + Fitness Testing (Indoor)

+ A team session will be organised throughout the challenge with your coach.

Awards presentation will be held at Purebred Fitness on Saturday 12th March at 9.30am

FAQ



What happens if i get COVID-19 and need to isolate?

We will issue an account credit for the weeks that you need to isolate for, subject to a positive test result emailed to info@purebredfitness.com.au.

What happens if we go into lockdown due to COVID-19?

Account credits will be issued if the 30 Day Shred cannot be carried out due to new restrictions/lockdowns.

Can i make weekly payments?

Yes, we offer weekly payments for the duration of the 30 Day Shred. We have 2 payment options.

1. Upfront payment of \$399.99 with additional weekly membership of \$57.95 payment continued.
2. Weekly payment of \$99.99 on top of weekly \$57.95 membership.

I am vegetarian/vegan. Is there a meal plan for me?

Yes, we offer meal plans for both vegans and vegetarians.

What if i need extra support or have questions during the 30 Day Shred?

You will be placed into a team with a selected coach prior to the 30 Day Shred commencing. Your coach will be there to guide and mentor you throughout the Shred. 1 x Personal Training session with your coach is included however, we also offer Personal Training as an addition which you can discuss with your Coach should you want extra support/training.

What happens if i cannot make a challenge session/s?

Purebred offer a huge variety of 55+ classes a week that you can attend depending on what fits in to your schedule. Speak to your Coach and ask them about classes they advise to do to ensure you're getting the most out of your training and reaching for those awesome results! If you cannot make a fitness test/scan/presentation, please advise your coach or a staff member at your earliest possible convenience so we can schedule alternate times.

What happens to my membership during the 30 Day Shred?

Your membership will be debited at the rate of \$57.95 regardless of the current membership you are on for the duration of the Challenge. Once the Challenge is over, your membership debits will revert back to your original membership prior to the Challenge commencing.

I am not a member. What happens after the 30 Day Shred is complete?

We are offering no sign up fee or lock in contracts to new members wanting to participate in this Challenge. If you wish to continue with a membership at Purebred when the Challenge is over, please speak to our friendly staff about our membership options.

Meet incredible like minded people who will support and guide you through your journey. Our experienced, supportive and devoted coaches will teach you correct training techniques and show you strategies that will help you achieve improved body composition, strength & cardiovascular fitness in a short period of time.

You must be willing to work hard, as your efforts will determine your results. We encourage you to break out of your comfort zone and push you through limits you didn't know existed.

We can't wait to see what you've got!

The Purebred Team

'The secret to success is found in your daily routine'



Email or call us on 0400 396 002 to register TODAY!

info@purebred.fitness.com.au

www.purebredfitness.com.au