



PUREBRED FITNESS

ALL IN

6 WEEK CHALLENGE

Step outside your comfort zone and challenge yourself

30.01.21 - 13.03.21

INFORMATION BOOKLET

WWW.PUREBREFITNESS.COM.AU

INTRO

**Thanks for signing up to Purebred's 6 Week 'All In' Challenge.
Congratulations! You have taken the first step in the right direction and have
committed to giving 100% of yourself, there's NO turning back now.**

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. Our training is diverse and challenging, but is sure to leave you wanting more.

You will be provided with a detailed diet 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 so we like to make our meal plans sustainable and fun yet guaranteed to leave you with BIG results.

The challenge is created for those who are:

- Experiencing a plateau in their diet or training
 - Wanting to burn stubborn fat
 - Build lean muscle mass
 - Increase overall health and wellbeing
- Learn how to train properly and time meals for optimum results
- Wanting to meet incredible people who will support and guide you through your journey

INCLUSIONS

OPEN GYM ACCESS & UNLIMITED ACCESS TO 60+ CLASSES A WEEK

MEMBERSHIP PAUSED FOR DURATION OF CHALLENGE

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

TRANSFORMATION PHOTOS

WEEKLY SESSIONS & CATCH UPS WITH YOUR COACH AND TEAM

ACCESS TO CHALLENGE ONLY TRAINING SESSIONS

CUSTOMISED PUREBRED SINGLET & TOWEL

MAJOR & MINOR PRIZES TO BE WON!



**INCLUDE A MYZONE HEART
RATE MONITOR FOR JUST
\$99.99!
(RRP \$199)**

IMPORTANT DATES

CHALLENGE INTRODUCTION AND BENCHMARK FITNESS TESTING

Saturday 30th January 9.30am

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. You must attend this.

CONTENT COVERED

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

IN-BODY SCANS + TRANSFORMATION PHOTO'S

PRE - INBODY SCANS

Monday 1st February 4.30am - 7am

POST INBODY SCANS

Friday 12th March 4.30am - 7am

POST FITNESS TESTING

Sunday 7th March

EXCLUSIVE TRAINING SESSIONS

Sunday 7th February - Challenge Session

Wednesday 10th February - Challenge Session

Friday 19th February - Challenge Games Night

Saturday 27th February - Outdoor Challenge Session

+ a team session organised throughout the challenge with your coach.

Awards presentation will be held at Purebred Fitness on Saturday 13th March



PRICING

EARLY BIRD PRICE*

\$99.99 p/w

****ENDS 05/01/2020**

ENQUIRE WITHIN FOR A MYZONE HEART RATE MONITOR FOR AN EXTRA \$16P/W

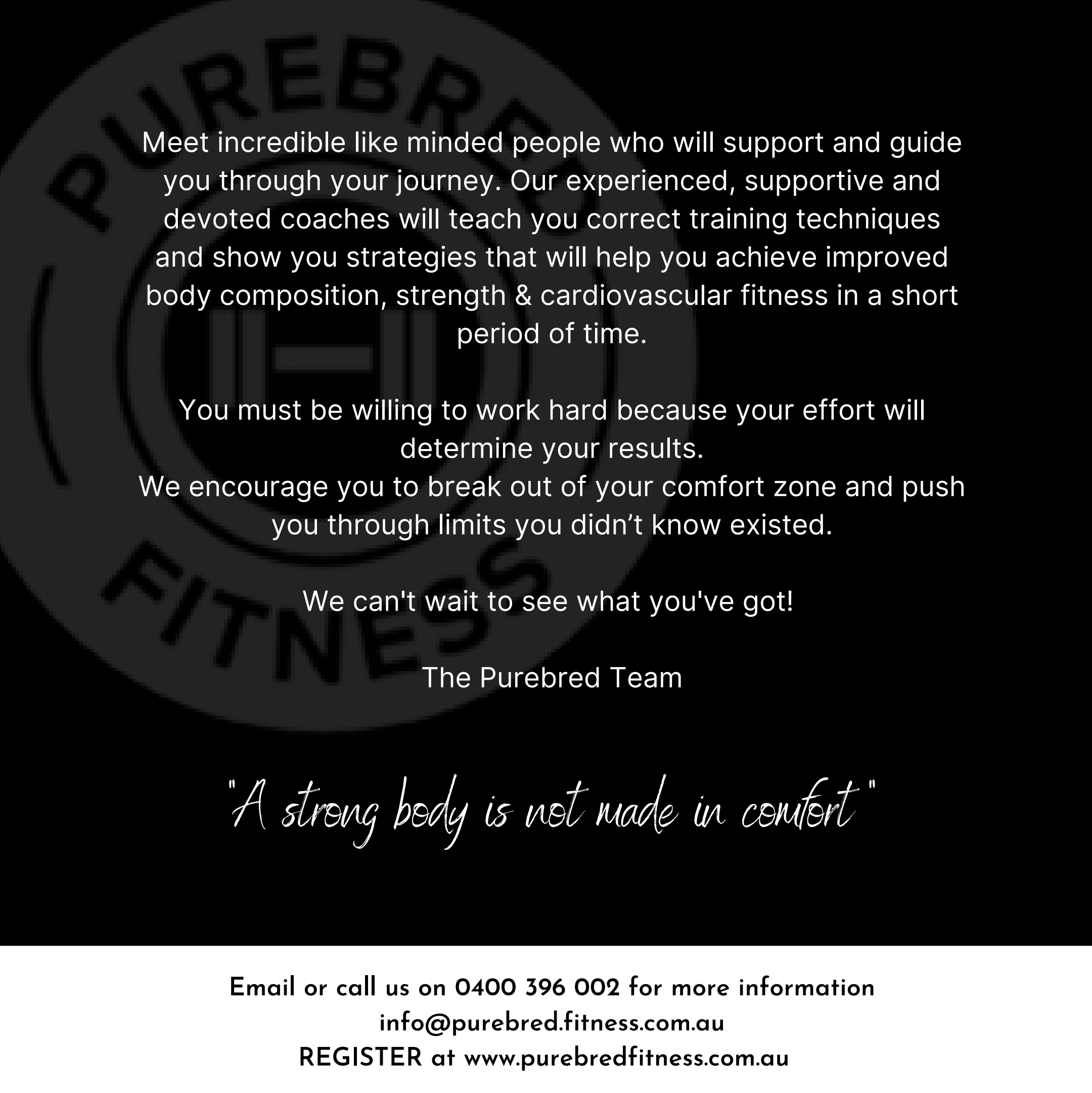
- **WEEKLY PAYMENT PLAN OPTIONS AVAILABLE**
- **MEMBERSHIPS PAUSE**
- **PAY FULL AMOUNT UPFRONT + RECIEVE 5% OFF**

Full Price \$675.00

**COMMIT, REGISTER
AND PAY BY**

05/01/2021

**to secure your early bird
spot today!**

A large, semi-transparent watermark of the Purebred Fitness logo is centered in the background. The logo consists of a circular emblem with the words "PUREBRED" at the top and "FITNESS" at the bottom. In the center of the emblem is a stylized graphic of a person in a dynamic pose, possibly a runner or a person performing a fitness move.

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 because your effort 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

"A strong body is not made in comfort"

Email or call us on 0400 396 002 for more information

info@purebred.fitness.com.au

REGISTER at www.purebredfitness.com.au