

8 WEEK CHALLENGE

INFO SESSION



2020





CHALLENGE TOPICS

1. WHAT IS THE CHALLENGE?
2. CHALLENGE MEALS
3. CHALLENGE PHASES
4. KEY DATES
5. PRIZES + HOW RESULTS ARE MEASURED
6. JOIN OUR FAMILY

WELCOME



FUNCTIONAL HIIT

F45 is specifically designed to provide a functional full-body workout while improving energy levels, metabolic rate, strength, and endurance.



TEAM TRAINING

The team mentality at F45 Training helps members transform their lifestyle physically and mentally while encouraging community growth and a no-ego attitude.



45 MINUTES

F45 is one of the most time-efficient ways of training. We aim to burn up to 750 calories per 45-minute session.



1. WHAT IS THE CHALLENGE

The F45 Challenge is an 8-week body transformation program designed to help F45 members adopt a healthier lifestyle and learn more about holistic wellbeing. The Challenge is broken up into 4 phases of 2 weeks. Each phase has a different learning theme.

The F45 Challenge program provides the necessary tools required to help you succeed over the 8 weeks and to create better habits.

The biggest asset to assist you is the Challenge portal, which is accessible via the Challenge website (f45challenge.com) and app. Creating an account for the website and app is free.

The F45 Challenge provides access to weekly meal plans and a recipe library with 1,000+ of delicious recipes, as well as helpful information, including nutrition education content, blog articles and program information that will assist you in meeting their health and fitness goals.



WHAT TOOLS ARE AVAILABLE?

Point Goal Tracking System

The goal tracking system features five key daily principles.

The five principles have associated point values, and total 45 points. The goal tracking system exists to help keep you accountable and motivated throughout the Challenge. The target is 30+ points every day.

The points also show up on the leader board for your studio.

- Following the meal plan
- Exercising to sweat
- 2-3L of water
- Quality sleep
- Lionheart points

Stats Tracking

You record their start, current and goal body weight, body fat percent and waist measurements.

Recipe Library

The recipe library includes thousands of recipes from the Challenge and Maintenance Phase. Members can filter and search by recipe type for their favourite recipes in the Recipe Library



2. CHALLENGE MEALS

1. MEAL PLAN OVERVIEW

The F45 Challenge is a calorie-controlled meal plan. The meal plans consist of five meals per day, which include:

- Breakfast;
- A mid-morning snack;
- Lunch;
- A mid-afternoon snack; and
- Dinner.

The F45 Challenge features a Cook at Home meal plan, which is released each week with a grocery list for convenience.

For members who are short on time can order F45 Challenge Approved meals via the approved meal suppliers on the F45 Challenge website and app.

MEAL PLANS CATER TO DIFFERENT DIETARY PREFERENCES

- Mainstream meal plans (include meat)
- Vegetarian; and
- Vegan



MEAL PLANS AND NUTRITION

The portal has three dietary choices – Vegan, Vegetarian & Mainstream. The meal plans are calorie controlled and set at a baseline calorie intake for males and females -1300 calories female and 1900 calories male. Members should add additional calories to their diet depending on their level of activity. See below for more information regarding calorie consumption.

Meal plans are released Mondays, one week in advance.

Depending on your country or region, members can choose a meal plan that suits their lifestyle with the option to either cook at home, or to order prepared meals.

Challenge prepared meals from our approved suppliers are fresh, never frozen and Challenge compliant. For the availability of suppliers, please check the FAQs on the Challenge portal.

Shopping Lists

There are weekly shopping lists, which match the meal plans every week for all three dietary choices. Please note that if your member swaps any meals or ingredients, for any reason/personal choice or requirements, they will need to manually adjust their shopping list. The shopping list does not automatically update.



CHALLENGE MEAL PROVIDER

Want to save time in the Kitchen? You can order weekly approved meals delivered straight to your door.



3. CHALLENGE PHASES

The F45 Challenge is broken up into four phases. Each phase has a different educational theme, positive messages and learning for you.

Each of the four phases of the Challenge builds upon the phase before it. After successfully completing a Challenge, you will have the information and tools needed to make lasting changes to your body and health.



(1) SPRING TRAINING (WEEKS 1 & 2)

THEME	FOCUS	KEY POINTS
Building Blocks for better health and body transformation.	Spring Training focuses on establishing the building blocks for better health. You will learn to map your stats, so you can set your body on the path to transformation. You will gain a better understanding of calorie consumption and calculate your estimated calorie burn each day. You will discover the number of calories your body needs to perform, shed body fat and work towards your health and fitness goals. Spring training focuses on sustainable eating and sleeping habits, whilst adjusting to a calorie deficit meal plan.	• You will build new habits that will get your body on track for transformation. • Take the guesswork out of it. Use the calorie calculators to estimate total daily calorie burn. • Mapping and understanding your total calorie burn will help you understand what your body needs to achieve your goals. • Consume the right amount of calories. Consuming too few calories isn't sustainable in the long term or healthy for your body.

(2) REGULAR SEASON (WEEKS 3 & 4)

THEME	FOCUS	KEY POINTS
Nourish your body. Discover the power of macronutrients to build strength, fuel your body and help achieve your goals.	Regular Season focuses on the power of macronutrients. We're talking protein, carbs and fats. You will gain a better understanding of the role of macronutrients and the importance of them for your body. Incorporating the right balance of macronutrients into your meals at the right time of the day will radically shift your workouts and results.	• Your body needs a healthy source of macronutrients (carbs, fats, and proteins) to feel good. • Macronutrients repair muscle loss, energize you, and build strength • By understanding how to refuel with macronutrients and what time of day to enjoy them, you will radically shift your workouts and results • When you eat good, you feel good

(3) CHAMPIONSHIP ROUNDS (WEEKS 5 & 6)

THEME	FOCUS	TALKING POINTS
Inner Strength! Harnessing micronutrients will kick your health into high gear from the inside out.	Micronutrients are the small but mighty vitamins, minerals, pre and probiotics that all contribute to inner strength. This is huge, because if you want to see results on the outside, you have to strengthen your inside. Gut health is an often overlooked but critical way to regulate your whole body, from your brain to your bones. You'll reshape your energy and immunity for life by 1) upping your fiber game with micronutrients, including prebiotics to feed your gut bacteria, and 2) learning how to incorporate vitamins and minerals into your diet.	• Gut health is critical for overall health, regular digestion, brain function, energy, and immunity • Micronutrients from fruits, vegetables, nuts and seeds include prebiotic fibers that feed your gut bacteria and promote whole-body health • By upping your fiber and practicing balanced eating, you'll reshape your digestion, health and workouts

(4) WORLD SERIES (WEEKS 7 & 8)

THEME	FOCUS	TALKING POINTS
Peak performance and results for life. Shed those final few kilos/pounds and maintain the results for life.	Everything you've put in place comes full circle to give your body the nutritional tools it needs to thrive. To continue growing beyond your goals, you can't fall back into old habits. Health is for life, and if you keep focused on what and how you eat, as well as the lifestyle habits that maintain your peak, you'll see transformative results long after the Challenge ends.	• Now that everything's in place, it's important not to lose sight and fall back into old habits • Health is for life, and you now have the tools to maintain your peak performance • By keeping focused on what your body needs to thrive, you will sustain your results for the long run.

What is the Maintenance Phase?

Healthy habits don't stop as soon as the Challenge is over. The Maintenance Phase will continue to engage you even once the Challenge is over, Maintenance is a great option for Challengers who want to maintain the great results they've achieved during the Challenge, or for other members/non-Challengers to follow as a guide to maintain where they currently are.

Maintenance is also a great time for you to reassess your goals and set new ones: either doing another Challenge or continuing with maintenance.

THEME	FOCUS	TALKING POINTS
Our blueprint for life, Maintenance promotes optimal health when not in a calorie deficit.	Before, after, and throughout the Challenge, Daily Maintenance will help you sustain and power your health and wellness. For 8 weeks, the Challenge pushes you beyond your limits, but what about the rest of the year? Healthy habits are for life, and Daily Maintenance reinforces sustainable habits to maintain lifelong health. The Challenge proves what's possible when you practice our core principles, like proper hydration, a balanced diet, sustainable eating habits, teaching the body how to rest and reset, and minimizing binges. By keeping Daily Maintenance in perspective, you will turn your Challenge into a life-changing experience.	• By calibrating core nutrition and wellness habits you learned in the Challenge into Daily Maintenance, you will get the most out of the Challenge. • Even when not doing Challenge, you can keep pushing limits and surpassing your goals.

OTHER IMPORTANT HEALTH CONSIDERATIONS WHILST ON THE CHALLENGE

Supplements

There are a lot of recipes on the F45 Challenge portal which include protein powder. However, for active individuals there may be a need or desire to supplement the diet to support training, maximise performance, optimise results or achieve nutritional adequacy.

There is evidence to support that protein powder, branch chain amino acids (BCAAs), magnesium and pre-workout can be effective supplements when used in the right conditions. As such, you may benefit from using these supplements during the Challenge. We recommend seeing the team at Nutrition Warehouse Hoppers Crossing to assist you.

Hydration

In order to maintain physical and mental performance in both a personal and physical setting, it's important to remember to maintain hydration throughout the day, especially during periods of increased activity during the Challenge.

On average, aiming for 2-3L per day, or 35-45mL per kilogram body weight is a good range. These values are based on an average person; so, exercising at high intensity for 45 minutes a day may require a member to increase their water intake.

4. KEY DATES

Information Seminars

Tuesday 28 January, 7:15pm (F45 Hoppers Crossing)

Wednesday 29 January, 7:15pm (F45 Point Cook)

Fitness Testing

Sunday 2 February – All Studios 8:30am - 10:30am (replacing normal classes)

Starting Body Composition Scans

Sunday 2 February – Point Cook 8:30am - 10:30am

Monday 3 February, before all classes (Hoppers Crossing)

Tuesday 4 February, before all classes (Werribee)

Challenge starts

Monday 3 February - Challenge Day 1!

Weeks 1 - 2 - (Phase 1 - Spring Training)

Weeks 3 - 4 - (Phase 2 - Regular Season)

Midpoint fitness testing and scans (optional)

Sunday 1 March - Hoppers Crossing, 8:30am - 10:30am (replacing normal classes)

Weeks 5 - 6 - (Phase 3 - Championship Rounds)

Weeks 7 - 8 - (Phase 4 - World Series)

Sunday 29 March - Challenge ends

Final scans

Sunday 1 March – Point Cook 8:30am - 10:30am (fitness testing replacing normal classes)

Monday 30 March, before all classes (Hoppers Crossing)

Tuesday 31 March, before all classes (Werribee)

End of Challenge Party

Date TBA



5. PRIZES

As part of the Challenge, there is the opportunity for members to win studio and global prizes.

1. F45 STUDIO PRIZES

Our studio prizes are determined by a vote of the trainers based on the best overall transformation. Factors include % body fat reduction, fat loss, muscle gain, before and after photos as well as F45 participation.

Studio 1st prize: \$1,500 cash

Studio 2nd prize: 3 Month F45 Hoppers Crossing / Werribee / Point Cook membership + F45 prize pack

Studio 3rd place: 1 Month F45 Hoppers Crossing / Werribee / Point Cook membership + F45 prize pack

2. GLOBAL PRIZES

One of the most motivational components of our global program is the opportunity to win one of the global prizes on offer each Challenge.

The Global Prizes are announced prior to the start of each Challenge.

There are 6 prizes up for grabs, awarded to the top male and female for each category:

People's Champion – Main Prize \$12,000 (Male & Female)

Greatest body weight percentage loss - \$3,000 Holiday

Greatest body fat percentage loss - \$3,000 Holiday

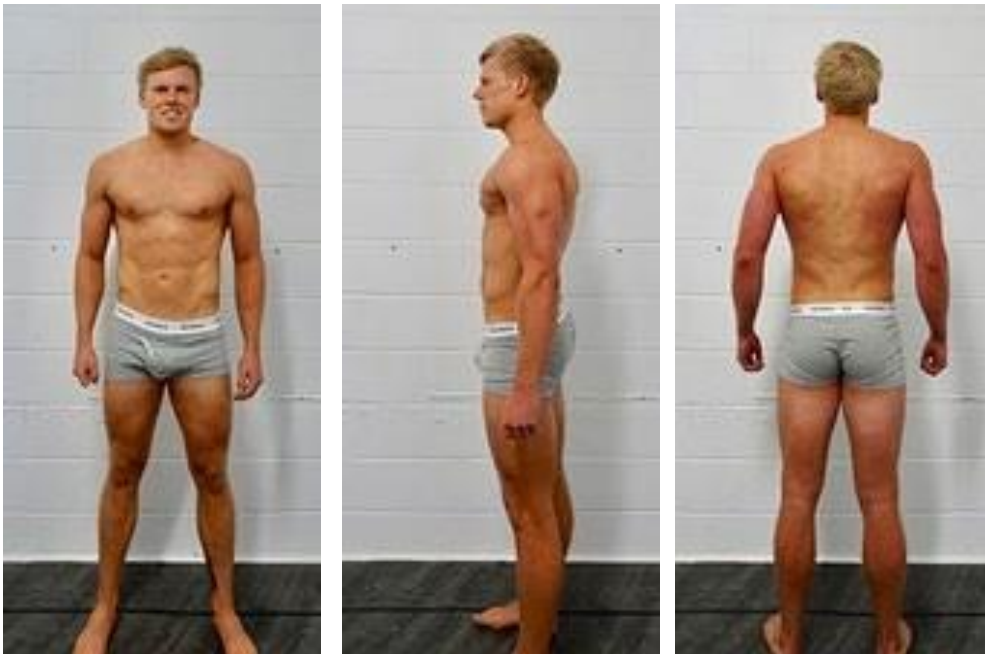


HOW RESULTS ARE MEASURED

1. BODY SCANS
2. BEFORE AND AFTER PHOTOS

CHALLENGE PHOTOS REQUIREMENTS:

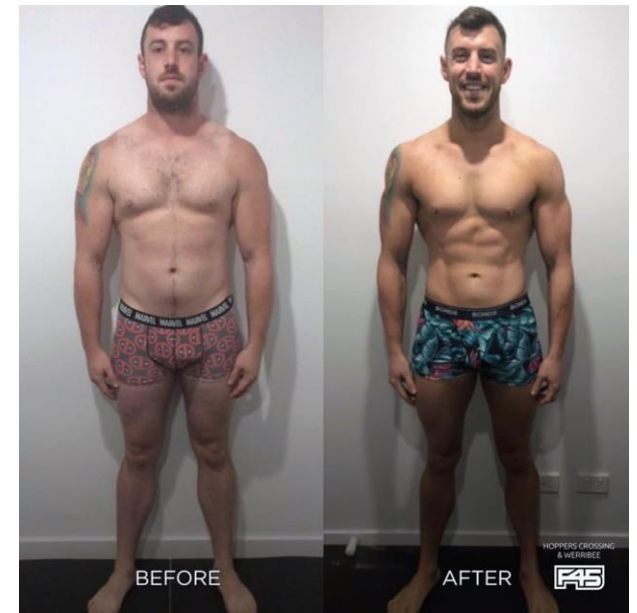
- Show the member in swimwear or underwear (no shorts, leggings, tops, hats etc)*;
- Be in front of a white wall;
- Have bright lighting, no shadowing (but do not stand under lights);
- Be taken at eye level; and
- Standing upright, looking at the camera with good posture and arms at their sides and feet shoulder width apart. Members should relax and be natural. Avoid posing, do not lift arms, do not flex or suck in the stomach.



OUR TRANSFORMATIONS

Incredible Results achieved in 8 Weeks:

- 19.7kg down
- 7.9% body fat loss
- 54.5cm lost



OUR TRANSFORMATIONS

Olivia's Results:

Body Fat Percentage -3.5%

Body Fat Mass -5.7kg

Body Weight -7.3kg

Lost a total of 25.4cm

Visceral Fat reduction of 3



OUR TRANSFORMATIONS

Dave's Results:

18kg down

15% body weight loss

8.2% Body Fat Reduction



OUR TRANSFORMATIONS

Nat's Results:

Body Fat Percentage -12%

Body Fat Mass -10.1kg

Body Weight -8.4kg

Muscle Increase of 1.1kg

Visceral Fat reduction of 6

InBody Score increase of 12





Ricky Thomas

- 12kg down
- 15% body weight loss
- 9.8% Body Fat Reduction

Ricky Thomas has dropped a whopping 40kgs since starting his fitness journey at F45 and has placed top 3 in 3 Challenges, and winning one of these!



Q&A



JOIN OUR FAMILY



