

Transformation Challenge

- **Anyone can do it:** it's all about your personal goals
- **Everyone is measured for body fat %** at the beginning and will receive a chart with beginning body fat % and ending/goal body fat %. **This chart will also tell you how much you must lose each week to stay on target.**
I'm going to set it up so that I can do the percentages at the gym so that you get feedback immediately.
- **Weight-Ins:** Every Monday... No excuses
- **Transformation Workouts:** these are workouts just for Transformation members. These workouts will be a little different. They will be faster paced. We will focus more on your muscles getting your heart rate elevated which will burn more calories.
I'm going to mark out a mini-track around the gym (I ran around the gym the other day and you can definitely get your heart rate up).
- **Website Access to Workouts and Diets:** you get access to a website set up just for this challenge. This site has workouts that you can use when you use when you can't get to Stokes Fitness. It will also has all of your diets. You can download both the workouts and diets or you can view them on your phone/computer.
- **Glute Section:** Everyone asks about glute training. I've added a special section of the Best Glute Exercises to the Transformation Website. This section comes with full glute workouts also.

Your Goal:

You pick your own goal!

Either **10%, 12% or 14%** body fat reduction over 9 weeks.

I will tell you how much you must lose to reach each percentage (for example, you may have to lose 13 lbs to reach 10% fat loss and 17 lbs to reach 12% fat loss and 21 lbs to reach 14% body fat loss). You pick which one you want and that's your goal.

Important: to say: "The goal is for everyone to lose 20 lbs" is not realistic... Everyone is different, 20 lbs for one person is not 20 lbs for the next person

Diets: There are two types of diets

- 1) **'Clean' diets** - many women prefer to follow these the entire time
Chicken, fish, potatoes, brown rice, Protein Powder, Vegetables (wide variety), Fruit etc.)
- 2) **'Normal' diets** - these diets are still 'clean' but have more variety. Foods such as bread, wine, chocolate, pasta, chicken wings (which are a great diet food, but no one believes me!).
You will have a certain calorie count for the day. You will have specific pages with your all of your diets uploaded to. When it's time to change to a different diet (to keep fat loss continuous) you will just go to the next set of diets... It's really easy to follow