

STRONG NATION BRIGHTON

# 6 WEEK CHALLENGE



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BRIGHTON



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# WHAT'S INCLUDED?



## 6 WEEK CHALLENGE INCLUDES-

- InBody Scans ( Valued at \$180)
- Fitness Testing (At the start and end of the challenge)
- 6 Weeks of Unlimited training ( STRONGER, LEANER, FASTER)
- Your workouts are modified to support your level of fitness
- Unlimited Infrared Sauna
- Small group classes in a motivating environment
- Strong Nations Nutritional Guide
- Before and After Photos
- Private supportive Facebook group
- Whatsapp Chat Group
- 24hr Support



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# STRONGER MIND, STRONGER BODY.

This 6 week challenge will help support you in building a stronger mind, stronger body and a stronger sense of control.

We recognise that every individual requires different goals. We will pay close attention to your diet/nutrition and your training.

Our nutritional plans together with the support of our coaches will help you in achieving your goals and completing this challenge.

# A STRONGER YOU



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# IN BODY ANALYSIS

When completing our 6 week challenge you will receive 2 InBody analysis scans (valued at \$180)

The InBody 570 provides a non-invasive, fast and precise tool for gathering data allowing health and fitness progress to be tracked like never before.



The InBody 570 will measure:

- ✓ Skeletal Muscle Mass
- ✓ Body Fat Mass (kg)
- ✓ Body Fat Percentage
- ✓ Visceral Fat Level
- ✓ Basal Metabolic Rate
- ✓ InBody Score
- ✓ Muscle Control targets
- ✓ Fat Control Targets
- ✓ Segmental Lean Analysis
- ✓ Phase Angle
- ✓ Fat Mass Index
- ✓ Body Water Analysis
- ✓ Bone Mineral Content
- ✓ Muscle Imbalances
- ✓ Total Body Water
- ✓ Ideal Weigh
- ✓ Segmental Fat Analysis
- ✓ Waist to Hip Ratio



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# PROGRESS PHOTOS

PROGRESS SHOTS FRONT PROFILE



WEEK 1 & 6- BEFORE AND AFTER

In addition to your InBody Analysis Scans, during the 6 week challenge you will have access to the "my fitness pal" app which will help track your progress including nutrition, diet and movement.

If you wish to, during the challenge you may like to take some images of yourself to see the visual changes your body has made throughout the 6 week challenge.

*\*Please note this is a personal choice you do not have to take part in this process.*

*Your photos can be taken by yourself at your own convenience and are confidential for own personal records .*



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# FITNESS TESTING

While we understand the importance of tracking the visual changes your body is making throughout the challenge, we also value tracking your fitness improvements too.

Prior to the 6 week challenge you will undertake a fitness test, which will be completed at the start and end of the 6 week challenge where we will record your results.

*\*Dates, times and locations of the fitness test TBC.*



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At Strong Nation Brighton we are currently offering STRONGER, LEANER & FASTER classes. Whilst on the challenge you will have access to unlimited classes throughout the challenge. We recommend 3 to 4 classes per week minimum including a compulsory run Saturday mornings.

The STRONGER class consists of strength based circuit training, where our coaches will assist you through every movement.

The LEANER classes, also known as (HIIT), is our signature full body cardio workout, designed for beginners right through to advanced.

Our FASTER classes are designed for a maximum output, where you are pushed to your limit.

# CLASSES

**STRONGER  
LEANER  
FASTER**



  
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# TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT
6AM	STRONGER	FASTER	STRONGER	FASTER	STRONGER	
6:45AM	STRONGER	FASTER	STRONGER	FASTER	STRONGER	
8:00 AM & 8:45 AM						LEARNER
9:15AM	STRONGER		STRONGER		STRONGER	
5:30PM	STRONGER	FASTER	STRONGER	FASTER	STRONGER	

UNLIMITED  
SESSIONS

  
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Throughout the challenge we are excited to offer you unlimited access to our stunning infrared sauna (bookings essential).

Infrared saunas can help relieve inflammation, stiffness, and soreness in muscles and joints by increasing blood circulation. The deep, penetrating infrared heat helps to relax muscles and purge metabolic waste products, all while delivering oxygen-rich blood to the muscles for a speedier recovery.

Valued at \$810

# UNLIMITED INFRARED SAUNA



  
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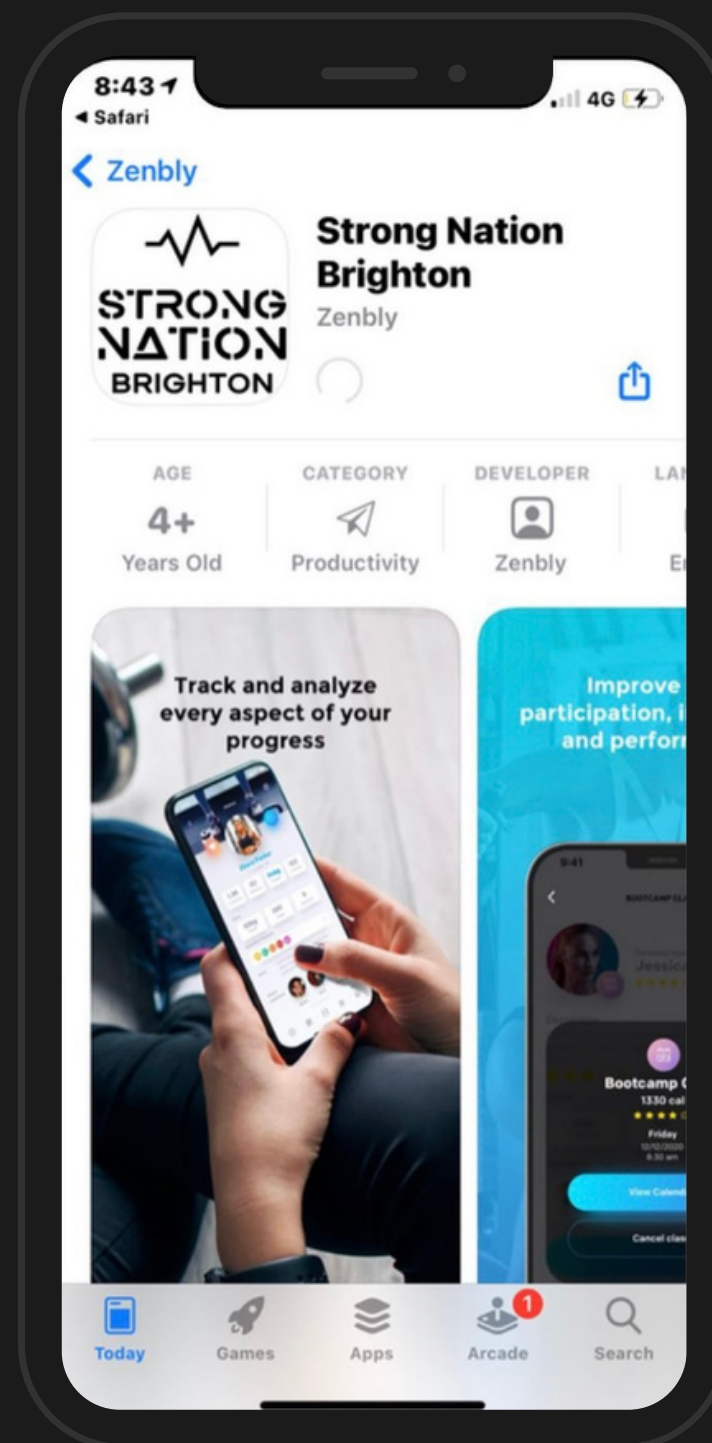
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Upon starting your 6 week challenge we ask you to download both ZENBLY STRONG NATION and MY FITNESS PAL, which are both free.

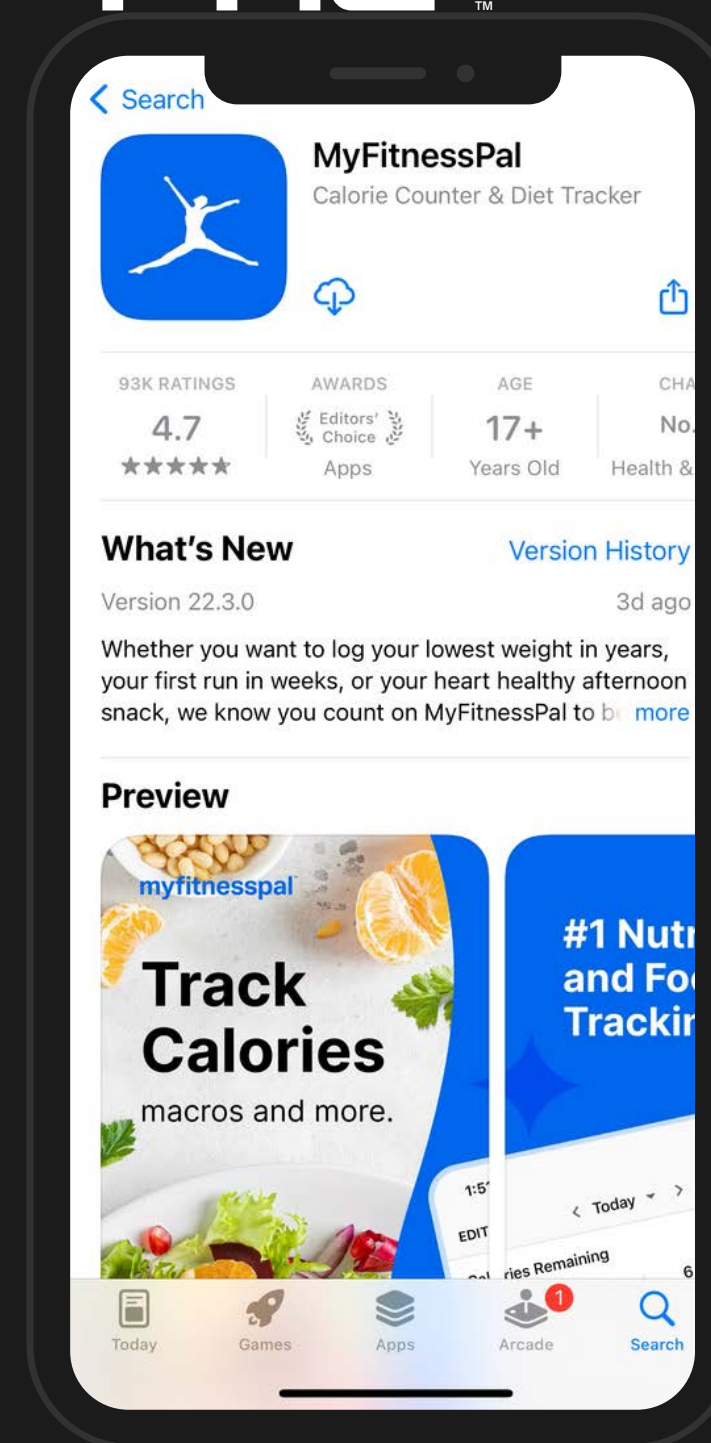
The app is our new personalised STRONG NATION app which allows for seamless booking for our clients for, one on one personal training to our small group classes.

Along side this we will be using MY FITNESS PAL to record all diet and nutrition.

# ZENBLY



# MY FITNESS PAL



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# SUPPORT

**FACEBOOK &  
WHATSAPP ONLINE  
FORUM**

Access to private Strong Nation Facebook & Whatsapp group.

**HIGHLY  
QUALIFIED  
COACHES**

Highly qualified coaches to support you through every step of the way.

**ZENBLY STRONG  
NATION  
BRIGHTON &  
MY FITNESS  
PAL**

Both app which combines Nutrition, Training, Progress, Communication & Accountability tools in the combined platforms.

**COMMUNITY OF  
MEMBERS**

One of the things we value here the most is the connections we have with all of our members and the support each and everyone of them gives each other along their fitness journeys.





	MON	TUES	WED	THURS	FRI	SAT	SUN
W01	BODY FAT SCANNER	BODY FAT SCANNER	BODY FAT SCANNER	BODY FAT SCANNER	BODY FAT SCANNER	FITNESS TESTING 7AM	
W02			WEEKLY CHECK IN				
W03			WEEKLY CHECK IN				
W04			WEEKLY CHECK IN				
W05			WEEKLY CHECK IN				
W06	BODY FAT SCANNER	BODY FAT SCANNER	BODY FAT SCANNER	BODY FAT SCANNER	FITNESS TESTING PM BODY FAT SCANNER	FITNESS TESTING 7AM BODY FAT SCANNER	END OF CHALLENGE DRINKS

\*PLEASE NOTE  
CLASSES ARE  
AVAILABLE TO VIEW  
AND BOOK VIA OUR  
ZENBLY APP

THIS IS A CALENDAR  
FOR BODY FAT  
SCANNING, FITNESS  
TRAINING TESTS.

# CALENDAR

