



# BATH FAMILY

# 8

WEEK CHALLENGE

## F45 CHALLENGE

MALE GLOBAL WINNER



\*\*\*  
1<sup>ST</sup>  
PLACE

F45 TRAINING  
ORCHARD

ANDREW

WEIGHT LOSS

**21.9kg**

BODY FAT LOSS

**16.8%**



Officially Authenticated F45 Image

If you are really serious about wanting to undertake a complete **Body Transformation** in just 8 weeks then this programme is ideal for you.

The Challenge is open to all Members free of charge as part of their Membership package, as well as to all non-members and people on the 14 Day Experience.

## SIGN UP NOW TO THE LEGENDARY F45 8-WEEK CHALLENGE

## F45 CHALLENGE

FEMALE RUNNER UP



\*\*\*  
2<sup>ND</sup>  
PLACE

F45 TRAINING  
NARELLAN

MONIQUE

WEIGHT LOSS

**12.5kg**

BODY FAT LOSS

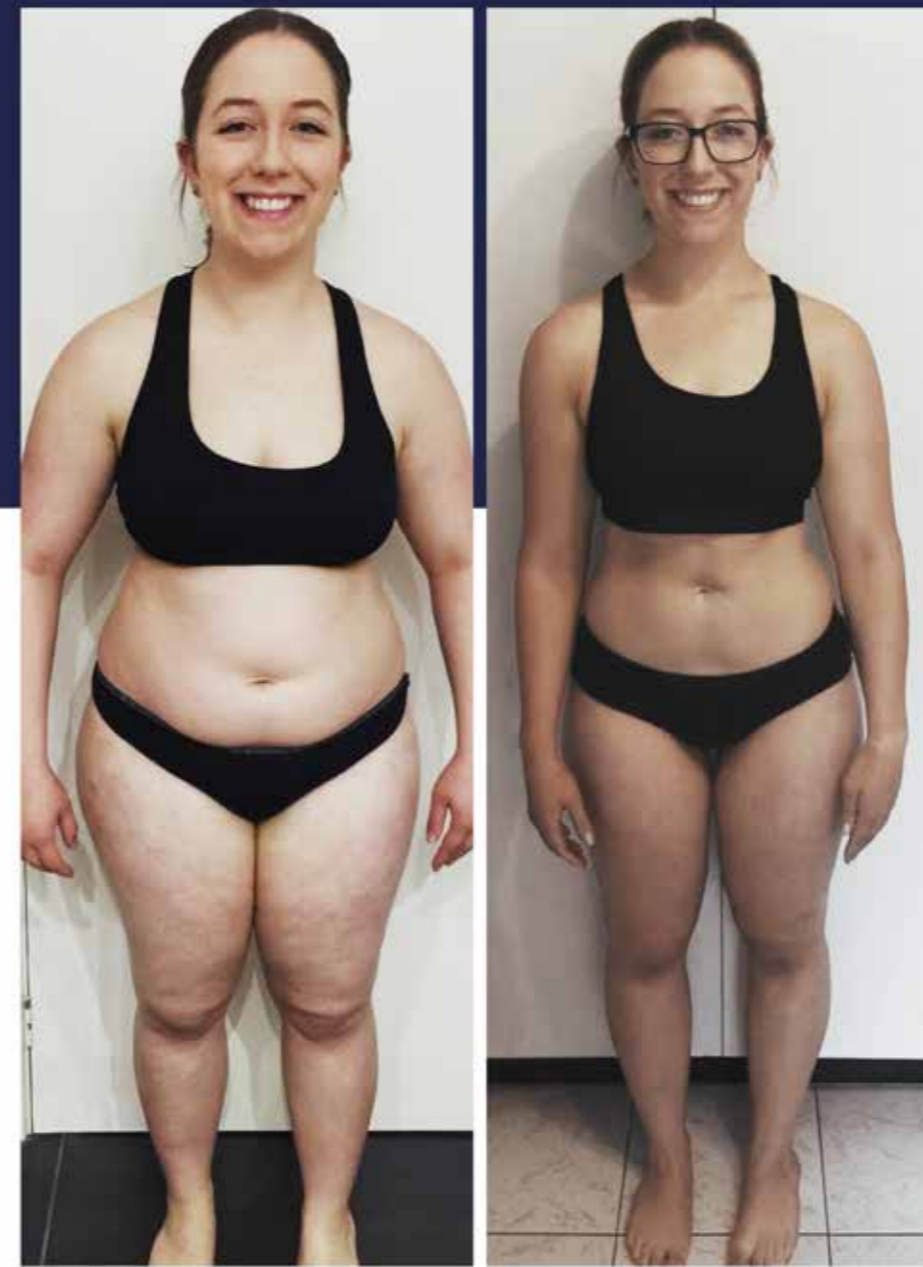
**12.6%**



Officially Authenticated F45 Image

## F45 CHALLENGE

FEMALE 3<sup>RD</sup> PLACE



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3<sup>RD</sup>  
PLACE

F45 TRAINING  
ROWVILLE

JASMINE

WEIGHT LOSS

**17.2kg**

BODY FAT LOSS

**8.5%**



Officially Authenticated F45 Image

## IF YOU FAITHFULLY FOLLOW THE PROGRAMME DETAILS GREAT RESULTS ARE GUARANTEED

Free before and after body composition scans using the Accunig analyser (scans normally worth £150)

Before and after photographs for comparison

Free ongoing nutritional guidance and support

Full access to free trainer support and guidance

Ongoing support and community

Unlimited access to F45 training sessions

Amazing F45 global cash prizes for females and males with 'best' results

Bath F45 prizes for best performers on the 8-Week Challenge

To reserve your place, sign-up as well as for details of the costs for non-members please speak to

**ADAM**  
**F45 Head Trainer**

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