



TOTAL TRANSFORMATION CHALLENGESM



IMPORTANT: ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING THIS OR ANY EXERCISE OR DIET PROGRAM. THIS IS EXTREMELY IMPORTANT ESPECIALLY IF YOU ALREADY HAVE A MEDICAL CONDITION OR CURRENTLY TAKING PRESCRIPTION MEDICINE

What is the Total Transformation Challenge?

Total Transformation Challenge (TTC) is an award-winning, 12-week fitness & physical transformation program that's now available to all residents of Pointe Vecchio. The participants will learn proper exercise techniques and will engage in weekly cardiovascular, strength, and stretching exercises. Each participant will be required to complete a mandatory weekly Weigh-In. The participants will also be taught on healthy nutrition habits. The goal of the challenge is not only weight-loss, but also strength improvement and a whole new attitude (transformation) towards exercise and active lifestyle.

When Does it Start?

Registration: Monday Jan. 8th. until Wednesday Jan. 10th. 2018
Time: 9:00 - 10:00 AM
Location: Aerobic Room

The Challenge: Monday Jan. 15th and ends on Friday Apr 6th, 2018

What is the "Registration"?

It's the period when all participants get their initial Weigh-In, TTC number, and access to participants-only website.

What is "TTC" number?

Your Total Transformation Challenge (TTC) number is your challenge number that will be assigned to you to protect your privacy. Every week there will be an update on the progress of the competition and the participants. To protect every participant's privacy, only their TTC number and how much weight and body fat percentage change will be displayed.

What are the Cardiovascular, Strength, and Flexibility Exercises?

The goal of the program is get the participants to become more active. There will be weekly recommended number of miles to be completed. The participants can complete those miles anyway they wish; walking, running, swimming, rowing, etc. The program starts with a small number of miles in the early weeks and increases every week throughout the program.

As for strength training, the program will introduce the participants to *SPEEDLINE*, an effective 30-minute complete circuit training workout. It's designed to be quick, safe and most importantly beneficial. The equipment used are Life Fitness® Strength Machines that feature weight selector pin to allow for safe adjustment of resistance load. The *SPEEDLINE* exercises will consist of: Seated Leg Press, Leg Extension, Lat Pulldown, Chest Press, Shoulder Press, Rear Del-

toids Flies, Seated Abdominal Crunches. Participants will learn how to safely use the weight machines and adjust the settings appropriately according to their own individual needs and limitations.

Finally, participants will learn proper stretching techniques and how to use them daily to their advantage.

Will There be Classes?

Yes, there will be at least 2 *SPEEDLINE* classes offered weekly throughout the entire program.

What Will Be The Schedule of Classes for 2018?

Training Days (*SPEEDLINE*): Tuesdays & Thursdays 8:30 AM - 10:00 AM

Weigh-In Days: Fridays 8:30 AM - 10:00 AM

What if I Can't Make it that Early?

No worries. The *SPEEDLINE* takes only 30 minutes or less to complete. You can show up ANYTIME during the 90-minute window (8:30 AM - 10:00 AM) on the above Training and Days and you will have a Personal Trainer awaiting you to help you with your workout.

How Will I Know My Progress?

The results of every weekly Weigh-In will be announced on Monday of the following week. The results will be displayed on the program's website (see below) to show the progress of the participants. However, to protect the participants privacy, only the TTC number, how much weight lost/gained, how much body fat lost/gained will be displayed. Participants will also get weekly goals at the beginning of every week during the program. This allows the participants to have a fresh new set of goals and challenges for every week of the program.

How is the Transformation Judged?

Since this is a "Transformation" program, the winners will be the participants demonstrating the most physical transformation. This transformation will be based on the biggest weight loss and the highest percentage of body fat reduction.

Is There an Award?

Yes! Based on the total number of participants, there will be an award for the top positions.

How much does all of this cost?

- Early registration special (take \$20 off during Information Seminar - See below for details)
- \$179 for the entire 3-month program (please bring a check payable to RAMFitness, LLC)
- Late registration after 01/15/18 registration is \$195

What's Next?

- **INFORMATION SEMINAR: Meet your trainer! Get discounted Early Registration (\$20 off)**
- **Saturday Jan. 6th. At 10:00 AM at the Social Hall followed by Early Registration.**

For more information:

Email: INFO@RAMFITNESS.COM

Website: RAMFITNESS.COM/PONTE-VECCHIO