

TRANSFORMATION CHALLENGE

January 15 – March 14

Team Challenge | Unlimited Training | Integrated Meal Plan | Prizes

How Does it Work?

- » Form a team of three members (one team member must be a new member!)
- » Winners will be based on muscle gain, fat lost, and performance points
- » You can also sign up as an individual and you will be entered into our team lottery pool where you will be selected to team.
- » Prizes will be awarded to the team with the best transformation, the MVP, and runner-up!

When?

- » Initial weigh-ins during the first week of the challenge, January 15 - January 20
- » Kickoff Seminar - Saturday, January 20
- » Final weigh-ins March 12 - March 14

What's Included?

- » 6, 1 hour coach-led training groups per week
- » Personalized 8-week meltdown meal plan
- » Access to secret newsletter with recipes and tips
- » Protein shake after every workout
- » Entry to awesome prizes!

PRIZES will include:

- » SKLZ Regeneration Kits
- » Massages
- » Kuhlen Cryotherapy packages
- » Adidas gear
- » Bully Brew Coffee
- » And more!

How to enter:

- » Start recruiting for your team!
- » Current Member Challenge Rate: \$99
- » New Member Challenge Rate: \$497 (includes 8-week unlimited membership and entry to challenge)
- » Current members who recruit 2 new members will have their entry fee waived!
- » Call 701.732.7767 or email alauer@teamexos.com to enter

