

JLI Summer Challenge – Phase 1

Summer is FINALLY here and it's time to shed those unwanted pounds of fat and replace them with healthy, new muscle to get you looking your best and give you the energy to enjoy the summer.

The JLI Summer Challenge consists of two 6-week programs designed to help you learn proper nutrition, sound resistance training techniques and healthy cardiovascular conditioning. Participants will receive their own specific plan on how to reach their goals in the most timely, safe, and effective manner possible. This challenge will teach you the techniques necessary to transform your body and change your life!

The JLI Summer Challenge will include the following:

- 1. 10 one hour Personal Training sessions**
- 2. Before and After body fat assessments for each participant done by their trainer**
- 3. A SMART Goal worksheet designed to keep you motivated**
- 4. An exercise program featuring a plan for nutrition, weights, and cardio**
- 5. Before and After pictures of each participant**

Your trainer will perform all assessments, pictures, and programming, as well as help you to set goals that Specific, Measurable, Attainable, Realistic and Timely (SMART).

If you show up, we'll show you the quickest way to your summer body!

The cost for JLI Summer is \$550 for each 6 week program.

JLI Summer Phase 1 will start between June 15 and July 15 and will finish by August 26.

JLI Summer Phase 2 will start between August 1 and August 31 and will finish by October 15.

The Overall Grand Prize winner of the two challenges will win \$550 in Cash.

The Second Place winner will receive a 5 hour Personal Training package.

The Third Place winner will receive a 1 hour massage from Zama Massage.

Enter both challenges to maximize your chances of winning!!!

Prizes will be determined based on before and after pictures and before and after body fat measurements. Anyone can participate in the program, but you must take measurements and pictures to be eligible for the prizes.