



Bootcamps. Private Training. Nutritional Coaching.

6 Week Body Transformation Challenge

Need to know

Dates: January 6- February 16 (optional pre-valentine 2/13)

Points: 1 point for each percent of bodyfat lost, 1 point for each percentage of overall weight loss

Workouts: you should aim for a minimum of 4 days per week, double sessions and open bootcamp hours are available for extra work

Nutrition: there is a mens and womens diet plan with two weeks of written meals @ DerekKuryliw.com/6weekchallenge/

Winners

Mens & Womens Overall Winners: most overall total points

- Dinner at Tonbo Japanese Steakhouse
- TJ Maxx Giftcard for fitness apparel & Professional Photo Shoot
- One month Private Coaching Program
 - 4 private training sessions, customized diet program
- One free month of bootcamp for the Best Overall Winner

Team Challenge: most total combined points

- Victory Dinner
 - for Top 5 point leaders from winning team and team captain @ Tonbo Japanese Steakhouse
- Victory Workout
 - Develop and lead a punishment workout for the losing team

Team Workout

Team and Captain announcement + WORKOUT:

- Wednesday January 8th @ 6PM ONLY

Stay up to date with news and info DerekKuryliw.com/6weekchallenge/

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