

Body Transformation FAQ

Body Transformation

10 Week Program Beginning March 14th

Cost: Current GL Members: \$69 +tax *Participants will pay for the program when they take their "before" pictures"*

Non-members: \$69 +tax – Non-members can add a membership for \$99 but are not required to

Divisions: Men's and Women's Divisions *Pictures will be taken at the 39th & Phillips location only*

Judging: Based solely on "Before" and "After" pictures (no weigh ins or measurements)

Prize: \$500 cash for 1st place finisher, 2nd and 3rd place will also receive a prize

Participants will only be allowed to register via the fitnessevents@joingreatlife.com email

What is the Body Transformation?

The Body Transformation is a 10-week program for anyone who wants to lose weight, gain muscle, get lean or all the above. This program is perfect for people who want to get focused on their goals but want fitness and nutrition help/guidance.

What locations are participating?

Because this program is done on your own, you can perform the workouts at any locations at any time. You do not have to have access to a GreatLIFE gym, the workouts can be done at any fitness center, but we recommend doing the workouts at a GreatLIFE facility to ensure you have access to the equipment needed.

What comes with the program?

All photographs are confidential and taken by a professional photographer. You will have to option to purchase your pictures upon completion of the program. You will receive a 10-week workout plan that lays out all of the workouts for you each day. There are two workout plan options, a "beginner" program for those who are new to lifting or not as comfortable in the weight room, and an "advanced" option that we recommend for anyone comfortable in the weight room or has been lifting for more than a year. A customizable nutrition guide will be emailed to all participants that has an outline for people who want to lose weight, get lean, or gain weight. A free nutrition seminar will be led by Austin Kjergaard a week or two after all "before" pictures are taken. Participants are not required to attend but have the option. Upon completion participants will have the option of a t-shirt or a drawstring bag.

Is personal training included?

One-on-one training is not included with the program, but we recommend training during the program whether you choose to follow the workout plan or not.

Do you have to be a GreatLIFE member to participate?

You do not have to be a GreatLIFE member to participate. If you have access to a gym or fitness equipment you can complete the program. We recommend adding on a membership for \$99 so you have access to the facilities because we can't guarantee you will be able to complete all exercises in the workout program.

How will this program help me reach my goals?

This program is designed for anyone committed to making a change to their physique. We incorporate all the aspects of fitness (workouts, nutrition, etc.) to help you reach your goals. It doesn't matter if your goals are to lose weight, tone up, gain muscle or all the above, if you're committed our program will help you reach them.

What if I'm not comfortable exercising/have never exercised?

While this program will be difficult if you have no fitness background, you have access to so many avenues for working out and nutrition, anyone can do this program. If you're not comfortable completing the workout program on your own, we recommend personal training. You can also attend the group fitness classes offered for free and many of our facilities and get a great workout in that way too.

*Questions to Jeremy, Mal, Austin, or Ben at 39th & Phillips (605)271-3232 or email fitnessevents@joingreatlife.com