



Below you will find details on our group fitness challenges, links to purchase workout DVDs and Shakeology, and our specific daily workout and nutrition goals. We keep things pretty simple. It is about consistency and moderation rather than crazy diets and long, grueling workouts. We just want to everyone involved to pay attention to what we eat and drink as well as stay active every during the challenge. All of us are coming into this from a different fitness level with different underlying goals and intended results.

You will have a group of “Coaches” that provide daily motivation, information and instructions along the way in a private Facebook group. However, we are all in this together and the motivation comes from everyone. The best information will come from the participants sharing different workouts, Shakeology recipes, struggles and successes. Everyone is encouraged to post pictures, videos, inspirational quotes and banners, and generally keep each other entertained. It is also a forum for the group to ask questions and get answers.



How the Challenge Works

The group is driven through a private Facebook group. You must be a FB Friend of your coach so that we can add you to the group. Each day, we will provide a featured post with motivation, guidance, information and instructions for the day. Check the Facebook Group daily; post your daily activity, videos, pictures, information and questions to the group. Otherwise, have fun and get it done every day!!

Required Purchases

There are no purchase requirements to join the group. However, most participants in the group (and part of our point system for the challenge) are drinking Shakeology for a nutrition/meal replacement and using T25 or P90X3 (or Woodall Training TRX Classes) for their workouts.

Workout Recommendations: While our suggested workout DVDs are not 100% required, we will refer to and recommend the Workout DVD Programs P90X3 or T25. If you feel that another program or daily fitness routine would work for you that is ok too. If you are in the Madison area, you may always attend a Woodall Training TRX or Fusion class as your workout for the day.

Shakeology: Our workouts are only a portion of our total health and well being. Our nutrition goes a long way toward our overall weight management and fitness gains. Shakeology is the nutritional foundation of this challenge. It is the most effective and healthy protein/nutritional shake on the market. Its blend of ingredients and the way it is made (using whole ingredients rather than synthesized) will clean up your nutrition and aid in weight loss if used as a meal replacement during the program. We highly recommend it and use it as a part of our point system for the challenge.

ONLINE GROUP

FITNESS CHALLENGE

DETAILS



Shakeology Informational videos:

- What is In Shakeology: <http://www.teambeachbody.com/showcase/-/bcp/16664447001>
- Origin of the Ingredients: <http://www.teambeachbody.com/showcase/-/bcp/637719395001>
- Glycemic Index Information: <http://www.teambeachbody.com/showcase/-/bcp/614712694001>

Cost: There is no cost for this challenge. The only cost for this program comes from the purchase of the workout DVDs of your choice and/or Shakeology. There is no cost for the coaching and information, including meal plan, daily fitness and nutrition tracker, and many other resources with regard to keeping us on track for the Challenge. Our job as coaches is to provide structure, resources, accountability, and motivation to stay consistent and create good daily habits that will last beyond our challenge.

Daily Responsibilities

- Point System: 1 Point for each of the following per day (total of 5 points per day)
 1. Workout/Run/Walk for 30 minutes (Yoga or stretching on off-days encouraged and counts for a workout
 - If you are just working up to 30 minutes of fitness activity, less is perfectly fine. Just stay consistent daily
 2. Drink Shakeology
 3. Drink 64 oz. of water
 4. Rate an 8 of 10 on daily nutrition (you will be provided a nutrition plan to be used as a guide, reference, or suggested recipes)
 5. Bonus Point each day for posting on Facebook with an additional point for posting on your personal profile page about the challenge.

Links to Purchase Challenge Packs or Shakeology:

To officially join the group:

1. Order the Challenge Pack (Your coach can help you choose the appropriate program if needed)
 - a. **P90X3**- Focused Strength and agility program (30 min. workouts)
 - i. <http://www.teambeachbody.com/shop/-/shopping/BCPX3205?referringRepld=257336>
 - b. **T25**- Agility & Cardio- Focused program- (25 min. workouts)
 - i. <http://www.teambeachbody.com/shop/-/shopping/BCPT25205?referringRepld=257336>
2. Shakeology Only- www.shakeology.com/teamwoodall
 - a. Oder if you already have one of the programs or are taking the Woodall Training Bootcamp
3. Workout Program Only
 - a. P90X3- <http://www.teambeachbody.com/shop/-/shopping/X3Base?referringRepld=257336>
 - b. T25- <http://www.teambeachbody.com/shop/-/shopping/T25Base?referringRepld=257336>
4. Send a friend request for my Facebook page so that we can add you to the private group- <https://www.facebook.com/brad.woodall.92>

We are looking forward to this Challenge. Let me know if you have any questions.

---Brad

brad@woodalltraining.com

www.woodalltraining.com