

XBM
LIVE THE CHALLENGE

Name _____

GOAL _____

START WEIGHT _____

GOAL WEIGHT _____

FINAL WEIGHT _____ % weight loss _____

BODY FAT% START _____

BODY FAT% FINISH _____ % BF loss _____

Mile Before _____ After _____

XBM Stadium Before _____ After _____

10 min. Stair Challenge Before _____ After _____

Official XBM Challenge Before _____ After _____

(Terrible 20's)

XBM Push up test Before _____ After _____

XBM Core Test Before _____ After _____

WEIGH IN ENTRIES

START _____

Week 2 _____

Week 3 _____

Week 4 _____

Week 5 _____

Week 6 _____

Week 7 _____

Week 8 _____

FINAL _____

CALENDAR

Monday May 24th through Saturday July 23th

MONDAYS are at COC

WEDNESDAYS are travel days (see dates below)

FRIDAYS are at BIG JOHNS (weigh ins and food journals)

* If it is raining, too cold, or too hot workouts are moved indoors to BIG JOHNS

* Please check email and website for location changes

WEDNESDAY WORKOUTS (varying from week to week)

May 26 - COC Trials

June 2 - One More Round (Gym)

June 9 - Buca Stairs (must come to 530am)

June 16 - Poe Challenge

June 23 -

June 30 - The New Team Challenge (X)

July 7 - 5K (COC)

July 14 - Biggest Loser Last Chance Workout

July 21 - GYM Time Trials

SPECIAL DAYS

May 24 - Consultation (at gym)

May 26 - COC time trials

May 31 - Memorial Day (no workout)

June 26 - 1st MAKE UP DAY - Towsley Canyon

July 9 - FAMILY/FRIEND DAY (bring friends or family for free) Gym

July 10 - 2nd MAKE UP DAY - Santa Monica Challenge

July 12 - FAMILY/FRIEND DAY (bring friends family member for free) COC

July 5 - In honor of 4th of July (no workout)

July 19 - COC repeat time trials

July 21 - Gym repeat time trials

July 23 - FINAL WORKOUT and WEIGH IN

Dunks must be completed by July 31st

NEXT SESSION BEGINS August 9th!!

POINT SYSTEM

(For XBM CHALLENGE contestants only)

WEIGHT LOSS

- % of weight loss x 2 = "x" amount of points

BODY FAT %

- percentage of body fat % decreased x .75 = "x" amount of points
- (i.e. if you started at 30% BF and finished at 20% you lost 33% of your starting body fat. We then take 33% multiplied by .75 to get 25 points.)

ATTENDANCE

- 1 pt for every week that ALL DAYS are attended

FOOD JOURNALS

- 1 pt each week a food journal is turned in

MAKE UP POINTS

- 1 pt for each of the 2 make up classes can be used to make up for any lost points for either food journals or attendance (can only have a maximum of 16 points between food journals, attendance, and bonus points). 1/2 pt for doubling up workouts on any given day. THERE ARE NO BONUS PTS. ONLY MAKE UP.

TOTAL

- Points are added together and the person with the most points at the end wins \$1000! Weekly standings will be emailed out through the newsletter.

NOTE: JERI FACTOR

To be eligible to win the \$1,000 you must attend more than HALF of the sessions

NOTE: THE FADNESS HAT TRICK FACTOR

You may not win more than 3 different sessions

NOTE: CUTTING WEIGHT

Attempts to "cut" weight at the end of the session by means of using the sauna or restricting liquid intake could result in a disqualification from the \$1000 Challenge.

NOTE: WEIGHT LOSS CREDIT

You are only credited weight loss that is within 5% of your lowest weight in any given session within the last 6 months. For example, If your lowest recorded weight is 200 lbs then you only get credit for weight loss under 210 lbs. Any

weight loss from a starting weight over 210 is not counted towards total weight loss.

XBM CHALLENGE FITNESS GUIDE

What is your goal? How fast do you want to achieve that goal? How much effort are you willing to attain that goal? Know those answers and the rest will be provided by us.

Looking to build muscle and shed just a little excess body fat???
If so decide how far you are willing to go to get there below.

Level 1 - Muscle Maintenance (3-4 hours per week)

- * 2 XBM sessions per week
- * 1-2 days of 60 minutes weight training

Level 2 - XBM Fit Lifestyle (5-6 hours per week)

- * 3 XBM sessions per week
- * 2-3 days of 60 minutes weight training

Level 3 - XBM Athlete (7-9 hours per week)

- * 3 XBM sessions per week
- * 3-4 days of 60 minutes weight training
- * 1-2 days of 30 minutes light cardio

Level 4 - Xtreme Body Makeover (10-12 hours per week)

- * 3 XBM sessions per week
- * 5-6 days of 60 minutes weight training
- * 2-3 days of 30 minutes light cardio

Looking to shed lots of lbs???

If so decide how far you are willing to go to get there below.

Level 1 - Maintenance (3-4 hours per week)

- * 2 XBM sessions per week
- * 1-2 days of 45 minutes cardio

Level 2 - XBM Lean Lifestyle (5-6 hours per week)

- * 3 XBM sessions per week
- * 2-3 days of 45 cardio

Level 3 - XBM Cardioholic (7-9 hours per week)

- * 3 XBM sessions per week

- * 3-4 days of 50 minutes cardio
- * 1-2 days of 30 minutes light weight training target areas

Level 4 - Xtreme Body Makeover (10-12 hours per week)

- * 3 XBM sessions per week
- * 5-6 days of 60 minutes cardio
- * 2-3 days of 30 minutes light weight training target areas

FAQ (all answers are generalizations and there are more in depth answers depending on a wide range of situations)

1. **Rep Range** - 3 to 6 for strength, 8 to 12 for muscle growth, 15 - 20 for toning
2. **How much weight** - pick a weight that suits your goals above, you should fatigue or fail within that range.
3. **Rest** - never train the same muscle group back to back days. Within a given workout 45-60 seconds when toning, 90 seconds when building, and 2-3 minutes when going for strength.
4. **How many sets or exercises** - a couple sets per exercise and maybe 2-3 exercises for any given muscle group is enough when toning or staying lean. If trying to build muscle however, 3 sets per exercise and 3-4 exercises per muscle group.
5. **How many times a week** - no muscle should be trained more than 3-4 times per week. Even abdominal muscles need time to rest.