

CORE STRONG LIVING CHALLENGE

8 WEEKS

Most weight loss

Most body fat loss

Best

Performance increase

Prizes: Cash, free memberships & T-shirts

SEPT 11TH - NOV 3RD

5 DAYS / WK

Class times: 5am, 6am, & 5pm

Price \$500

Weight-ins Aug 26, Sept 2 & 9

Call for more details

****Bring partner for discounted price****

1013 Howard Ave Biloxi Ms 228.365.6048

CORE STRONG LIVING CHALLENGE

Welcome to the challenge.

This is not just any challenge. This is the last weight loss challenge you will ever be a part of again. Here you will learn to respect your journey in getting back your vitality. Not every day will be fast pace, nor will it be forcefully pushing you in getting things done. Here, you will learn the why's, the how's, and the no's. This is your chance to get your youth back in the years that you are living in now.

This will not be easy. The training is a challenge, but watching what you are putting in your mouth is a whole other monster. This is a true challenge which will require to you to be all in. You will be required to fast every morning, as well as getting your fruits and vegetables in that are recommended later in the day.

One of my favorite quotes I state, "What is a second in a minute, what is a minute in an hour, what is a day in a year, and what is a year in your lifetime?" All we have is now, and as we all know time flies, so let's take this moment and give it all we got in these short few weeks to change our perspective of living a life of vitality?"

My name is Richard Hawthorne, if you don't know me, you will learn who I am very quickly. I am not pushy but I'm stern and I will not give, but I am understanding so I hope you're ready because here we go!

In this challenge, we will be weighing you in, finding your body fat percentage, and testing your performance in training.

The best person in each category will win a prize. For the most weight loss. You win \$100 off membership for a month along with a T-shirt... For the best-increased performance, you will win a month free membership plus a T-shirt, and for the most body fat percentage loss, you will win \$200 cash, a free month membership, and a T-shirt.

The weigh-in will be held on August 26, September 2, and September 9 at 9 AM.

at that time, I will also do assessments and go over the eating regimen as well as the food prep, I offer here at the gym for more convenience for your challenge.

This challenge is five days a week. Each day of the week is focused on a particular practice and training. If you missed that day, you would have missed that practice and body group for that week.

On the last day of this challenge, you will be going through a full assessment and workout, this is to scale in judge your performance increase, so when that day comes, be sure to bring your "A" game.

I hope you are all ready, and excited to make this challenge in this change, and I say to you once again, "What's a second in a minute?" let's make the best of this.

I'll see you soon.

Richard Hawthorne

"Pound for Pound World, Strongest Man"

First-person in history, to lift 11 times his or her body weight

**Richard "The Ant" Hawthorne
Pound for Pound World Strongest Man**