



whph

4 WEEK

Summer
Body
Challenge



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NOV 13TH-DEC 9TH

- Challenge entry
- Boot camp sessions x4
- Lunges & Steps at the Clarks Road Park x4
- Beach workout x1
- Parent and child sessions x4
- Assistance working out calorie range, steps and best classes to do
- 5 Summer recipes
- 1 Home shred circuit workout plan
- Closed FB Group Support
- Have fun & work hard
- Chance to win prizes

3 WINNERS!

Will receive a \$300
Supplement Pack &
will be in our WHPH
Photoshoot April
2024!



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details

- Ro & Jus will judge change from before to after photo and look for things like changes in shape, tone, weight loss, muscularity gain. The pics that “wow” us the most will win!
- Participant needs to wear either bikini / one piece or trunks - in before and after pics
- We will just be judging photos- no scales required
- We will be recommending classes, some recipes to include during the challenge and calorie ranges. No macro breakdown as we want it to be easy to follow and flow onto in the festive season.
- The photoshoot will be in April 2024 and you will receive individual and group photos (worth \$300 pp). Those who have participated before are absolutely eligible again!



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sign up and timeline

- Sign up to the challenge via the website or head into the WHPH Active Store this Saturday 8-1pm and we can assist you.
- www.workhardplayhardgym.com.au
- Shop 2, 14-16 Westernport Road, Lang Lang
- Take before photo with Jus on Nov 10th or 11th or from home: posed front and back photo
- Challenge support group will open
- Organize your classes, workouts and calorie range- try to plan your week
- Challenge will begin
- Ensure you check in with Ro and or Jus each week to keep you accountable
- Final challenge photos submitted/taken either 14th, 15th or 16th dec
- Winners will be announced at our Christmas party Saturday 16th Dec 5pm- location tbc



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Summer Bod Challenge

cost details

- Those who are current ALL ACCESS members only have to pay the \$60 challenge fee
- Those who ARE NOT members, can access classes for 4 weeks for \$80 for UNLIMITED CLASSES.
- If you are just wanting to enter the challenge, come to the boot camps, beach session, kids sessions and get the calorie support/check ins, no extra payment is required.

So NON Members will be paying

\$60 entry fee

\$80 for 4 weeks of in person & online classes

Total + \$140

We run classes Monday-Saturday and you can also stream the sessions from home.



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supplement packs



PACK 1.

Fat Burner, WHPH Protein & Shaker

Normally \$150

Summer Bod Price \$120

PACK 2.

Fat Burner, Pre Workout, WHPH Protein & Shaker

Normally \$189

Summer Bod Price \$160



ADD ON A PAIR OF
WHPH SHORTS OR ONE PIECE
SUIT FOR JUST \$30!!!

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TIMETABLE STARTING NOV 16TH

MONDAY

5:30AM Upper Body Sculpt
10:00AM Full Body Shred
11:00AM-11:30AM Lunges & Steps at Park
6:30PM Lower Body HIIT
7:30pm Heavy Lower Body

WEDNESDAY

5:30AM Boot Camp
10:00AM Back, Tris & Cardio Circuit
6:30PM Dumbbell Step Class
7:30pm Chest day

FRIDAY

5:30AM Lower Body Sculpt
10:00AM Squats and Deadlifts

CHALLENGE PARTICIPANTS ONLY

MONDAY- **11:00AM-11:30AM Lunges & Steps at Park**

WEDNESDAY- **5:30AM Boot Camp**

THURSDAY- **5:45PM-6:15PM Parent & Child Sesh**

SATURDAY- **9:00AM-10:00AM Beach Workout 9th Dec**

TUESDAY

5:30AM Kettlebell HIIT
10:00AM Delts & Cardio
6:30PM Zumba & Aerobics
7:30PM Full Body Shred

THURSDAY

5:30AM Abs and Cardio
10:00AM Boxing HIIT
5:45PM-6:15PM Parent & Child Sesh
6:30PM Legs & Glutes
7:30PM Gym work

SATURDAY

7:00AM Arms and Abs
8:00AM Full Body Circuit
9:00AM-10:00AM Beach Workout 9th Dec