



## Peak's 50 Hard Challenge Details

**What Is This Challenge:** This challenge combines Peak's group training with an emphasis on nutrition and healthy habits over a span of 50 consecutive days. Additionally, we will incorporate fitness testing to assess endurance and strength improvements throughout the duration of the challenge.

### Pricing Options:

#### Member Pricing

> \$129 1-Session/wk    > \$175 2-Sessions/wk    > \$195 3-Sessions/wk

#### NON-Member Pricing (includes a 6 week 3-Club Membership)

> \$205 1-Session/wk    > \$250 2-Sessions/wk    > \$270 3-Sessions/wk

**\$60 Special** (For those currently enrolled in a paid Group Training Program. Not allowed to attend workout times that are not part of their current Group Training.) > \$60

### Peak 50 Hard Participants Receive:

- \* 50 HARD Tracking Sheet - Complete various tasks to be eligible for prize package drawing entries. Pick up at front desk starting **Sunday January 11<sup>th</sup>**.
- \* Body Composition Testing - Inbody Scans (see details below)
- \* Nutrition - **PILLAR Nutrition Foundations Workshop** with Dietitian, Kristi Gabbert – **Monday January 12<sup>th</sup> 6:30pm – Peak Post Falls**
- \* Weekly Trainer Lead Group Workouts
- \* Fitness Testing
- \* Entry To Our 50 Hard Finisher Party. Cocktail attire encouraged. DJ, light appetizers, and no host bar will be available.

**Prizes:** All prizes will be announced at our **FINISHER PARTY Friday March 13<sup>th</sup> - 6pm** at Prairie Falls Golf Course in Post Falls, ID.

\* 2 All Club Grand Prize Winners - \$500 Cash and Prize Package plus a 2 night cabin getaway. Winners determined by completion of 50 days, % BF lost, lbs of muscle gained (points lost for muscle loss). 1 Male & 1 Female.

\* Plus, Many Additional Drawing Prize Packages Per Club. Tickets will be accumulated throughout the challenge that you will put into your drawing(s) of choice. Anyone can win!

### Beginning & Ending Weigh-Ins & Body Fat Testing / InBody Scan

\* Weigh ins (InBody Scan) must be completed the week of January 11<sup>th</sup> -16<sup>th</sup>. Weigh-out must be completed the week of March 1<sup>st</sup> – 8<sup>th</sup> and must be turned in on or before March 8<sup>th</sup>.

\* InBody Scans are done at Patriot Supplements- 8142 N Government Way in Hayden 208-719-9577.

Make sure to be very hydrated. Drink at least 40-60oz of water in the 2 hours prior to weigh-in

- Do not to eat or exercise for 2 hours prior to weigh-in
- **When you get your InBody scan done, you will get a printout that must be turned in at the front desk for your trainer. Make sure to take a picture of the report for your records in case it is needed.**

Please contact your trainer or Program Director Kristi Gabbert 509-993-0787 if you have any questions