

# 42 DAY CHALLENGE

JUNE 2024

BEFORE & AFTER BODY SCANS  
INDIVIDUALIZED NUTRITION PLANS  
BOUT TRACKING APP  
ACCOUNTABILITY COACH  
WEEKLY INDIVIDUAL CHECK INS  
BEFORE AND AFTER PHOTOS  
UNLIMITED TRAINING AT BOUT  
WEEKLY GROUP BOOTCAMP  
FITNESS TESTING



DAY 1 ► DAY 42



DAY 1 ► DAY 42



# 42 DAYS FOR YOU

CHALLENGE

JUNE 2024

## OUR WHY

42 Days is a platform to help participants not only improve their body composition and performance, but gain the necessary tools and techniques to uphold a positive and healthy lifestyle. We believe knowledge is power and consistency is key, which is why we have developed 42 Days of You to help direct you on the right path towards achieving your goals. The challenge is simple; increase your activity level through Bout workouts, and provide the body with the sustenance it needs. Great in theory but difficult to action? Our trainers will be there every step of the way as your support team. Pushing you through workouts and pulling you out of slumps, our priority is to see you succeed.



**BOULT**  
FITNESS

# PAST WINNERS

42 FOR YOU



Ryan Stevens  
Decrease 8.4kg Body Fat  
Increase 1700g Muscle



Marnus Hanley  
Decrease 5.9kg Body Fat  
Increase 1.4kg Muscle



Julia Oliver  
Decrease 4.1kg Body Fat  
Increase 1.1kg Muscle



Phil Wilson  
Decrease 8.2kg Body Fat  
Increase 2.2kg Muscle



Lilly Thomas  
Decrease 5.4kg Body Fat  
Increase 700g Muscle



Kayla Jans  
Decrease 7.8kg Body Fat  
Increase 2.1kg Muscle



# PERSONALISED NUTRITION

42 FOR YOU

We do not believe in cookie cutter diet plans or misleading diet fads that are often ineffective and unrealistic to adhere to. We turn what's often considered a complex topic into a simple one, focusing on the crux of dietary issues.

We not only want to help you achieve your goals but educate you on nutrition so you can continue to lead a healthier life after the 42 days.

You will be given an individualized nutrition plan specific to your goals and dietary requirements at the start of the challenge. This will be updated each week if needed during your weekly check ins.

All of your nutrition will be tracked through our 42days app, more about that below!



**BOU**  
FITNESS

A photograph of two women in a gym setting. The woman on the left is seen from the back, wearing a black tank top. The woman on the right is facing her, wearing a black tank top with 'BOUFT' written on it and white boxing gloves. They are high-fiving each other. The background shows gym equipment and wooden paneling.

# WEEKLY CHECK INS

42 FOR YOU

We are here for you!

This challenge is all about education, building new habits and learning how to stay on track during those testing moments.

Each week you will have a phone check in with our trainers where you will go over the previous week and talk about any challenges or changes that need to be made. You will also have access to our members only FB group where everyone will be sharing ideas and questions for our trainers!

During your weekly check in we will also see how you are tracking towards your goals and make any changes to your nutrition plan & training if needed.

# TRAINING

42 FOR YOU

We recommend 3-4 Bout sessions per week

This includes our popular 40 min circuit & our free weights area.

- No set class times
- Trainer guided workout
- New workout everyday

You can use both Mount and Pap locations at no extra cost!

We will also be running Bootcamps for our 6 week challenge team on Sundays at 9am!

Choose from our 3 membership options

3 x sessions per week

Unlimited training

Unlimited training + After hours access (5am-10pm everyday)



# INBODY SCANS & PHOTOS

42 FOR YOU

As part of our 42 For You Challenge you will receive two body scans (start & finish) from NZ Body Scans valued at \$50 each.

Improvements in your health and fitness requires the loss of any excess fat and an increase in muscle mass. Your body weight will not tell you anything about your body composition (how much fat and muscle mass you have).

NZ Body Scans, use the worlds most advanced Bioelectrical Impedance Analysis (BIA) scanning equipment. This allows them to provide you with an extremely accurate, unquestionably repeatable, affordable, non-invasive, quick & easy Body Composition Analysis.

On day 1 of 42 you will also have your "before photos" taken and then again on day 42. These are just for you to keep and will not be used on our social media accounts without permission!



# FITNESS TESTING

42 FOR YOU

During your 42 Days for you challenge we will be assessing your fitness in a variety of exercises. The tested exercises will be a part of your BOUT workout and commence in week 2 to determine your initial benchmarks. Retesting will be carried out in week 6.

You will be able to record your results in the app!



**BOUT**  
FITNESS



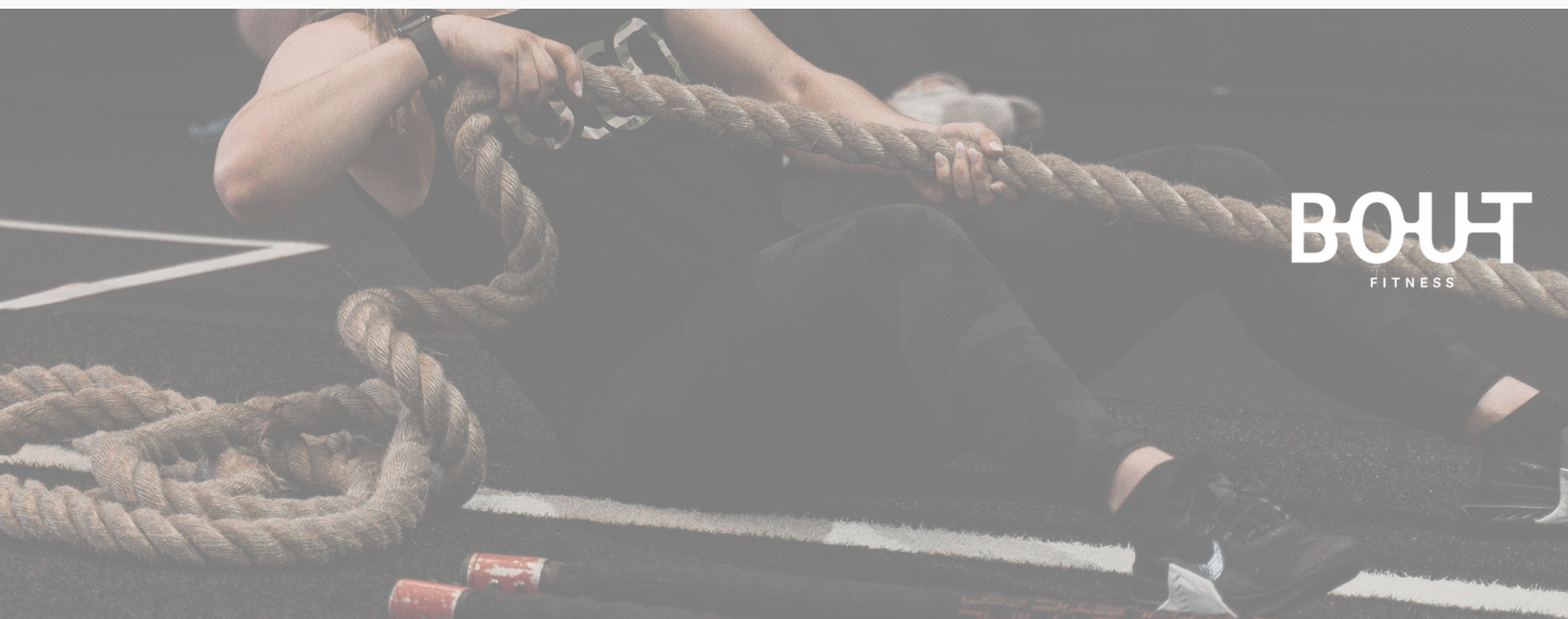
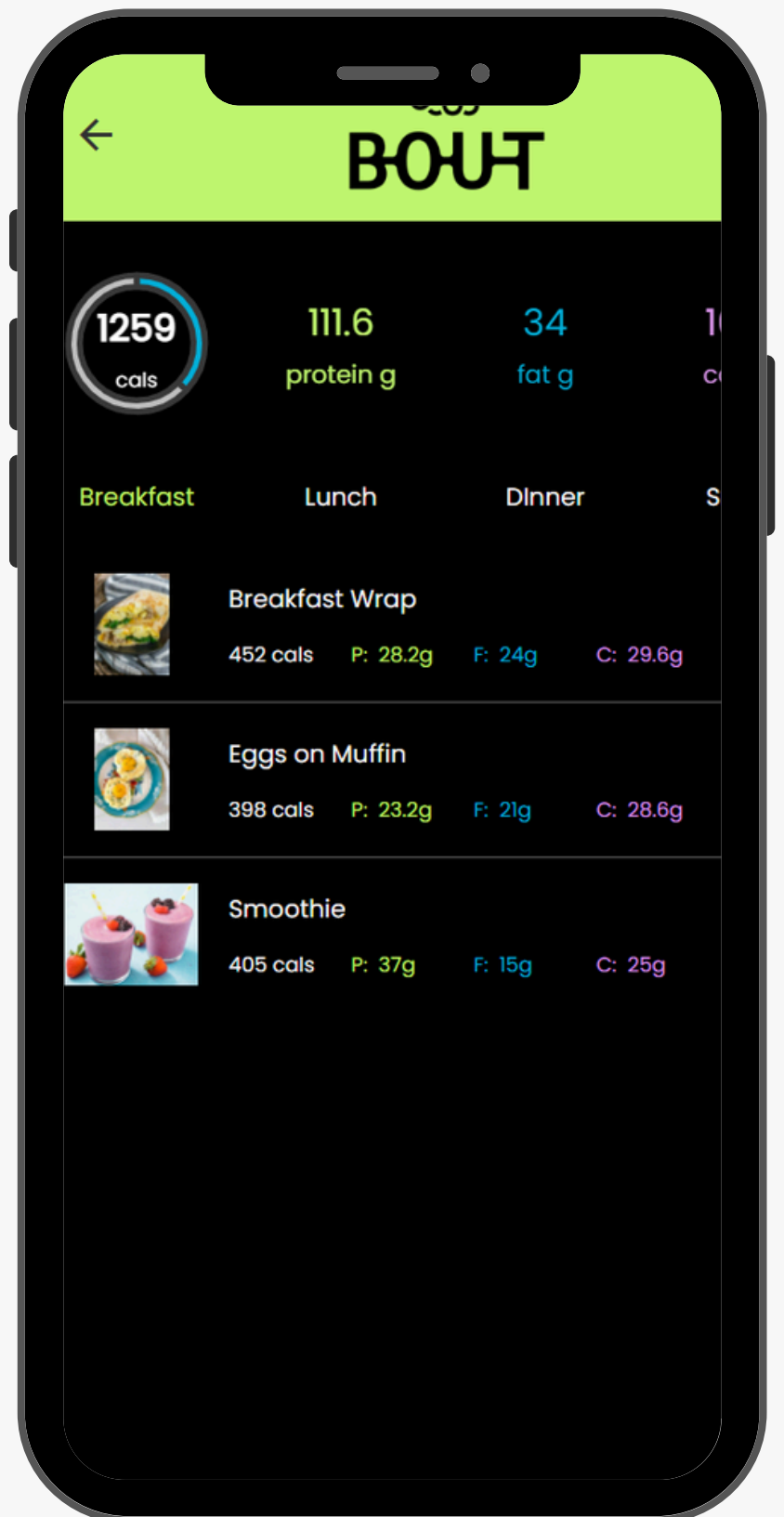
# BOUT APP

42 FOR YOU

Our new Bout App is the perfect tool to help you through the next 42 Days.

The app allows you to view and track our personalised plan as well as add in your own preferences.

Your trainer can view all your eating logs and will be able to track your eating and check in with you weekly.



**BOUT**  
FITNESS

# REVIEWS

42 FOR YOU

"Before Bout I didn't do any exercise, I found the 6 Week Challenge as a way of working on myself and improving my lifestyle. Its made such an improvement in the gym with my strength and i have so much more energy. I recommend it to someone else because it helps physically and mentally. And although its only 6 weeks it gives you so much guidance and knowledge and sets you up for life"

"The new app has been incredible, I love not having to think about what I have to eat, it's also so flexible I dont feel like I am on a diet"



**BOUT**  
FITNESS

# MEMBERSHIP OPTIONS

42 FOR YOU - FREE WHEN YOU SIGN UP IN JUNE

Minimum 6 month term then roll onto our  
standard 30 days notice to cancel  
Access to both Pap & Mount Studio

3 x Per week + Bootcamp

DIRECT DEBIT

**\$49.99**

Per week direct  
debit

Unlimited Training + Bootcamp

DIRECT DEBIT

**\$54.99**

Per week direct  
debit

After Hours Access + Bootcamp

DIRECT DEBIT

**\$59.99**

Per week direct  
debit

# KEY DATES

42 FOR YOU

INFO NIGHT:  
JUNE 19TH

START DATE:  
JUNE 24TH

END DATE:  
6TH AUGUST

## HALF WAY SCANS

At the 3 week mark Jack will be here for an optional half way scan - these are \$50 each.



## CONTACT US

Feel free to ask questions!

022 368 0164

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