

Tspot TakeDown™ Challenge Spring '10

Gothard Tspot vs. Main St. Tspot!

6 Week Weight-loss Challenge

Starts Fri. Mar. 12th - Ends on Sat. Apr. 17th

\$250.00 Entry Fee Includes:

Weekly Menu with YOUR individual portions

Weekly Weigh-ins

Cardio Exercise Recommendations

FREE Weekly PushFitness BootCamp for all challengers

New! Reduced Training Rate for all new Tspot Clients during Challenge
(**\$180 value!**)

New! **FREE EXTRA DAY** of Training for all current Tspot Clientele
(**\$240 value!**)

Weekly Food/Exercise Journal Check-ups

Password Access to all the on-line TakeDown™ information

A **FUN** Awards Party the night of the final weigh-in!

The TakeDown™ Challenge Winner will be judged on the
Over-All Percentage of Pounds Each Challenger loses

Weekly % losses will be recognized & rewarded!

IE: 150 lb person loses 15 lbs. = 10%

250 lb. person loses 25 lbs. = 10 %

THIS WILL BE OUR 5TH TAKEDOWN™ CHALLENGE!

YOU DO NOT NEED TO TRAIN AT THE TSPOT TO PARTICIPATE!

Top 3 Winners (each Tspot) Receive:

(HUGE bragging rights!)

1st place = **\$600.00** in Personal Training @ the Tspot

2nd place = **\$250.00** in cash or Personal Training @ the Tspot

3rd place = **\$125.00** in cash or Personal Training @ the Tspot

***Your actual weight will NEVER be posted!**

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