Our 8 Week Challenge has helped thousands of real people just like you achieve extraordinary health and physique enhancement. This system works for men and women of all ages, fitness levels and sizes. The challenge works because we incorporate the right balance of training, nutrition and supplements in order to encourage the production of hormones that increase muscle and in turn burn fat like crazy.

The 8 Week Challenge leaves no stone unturned. This isn’t another standard gym 8 or 12-week challenge that shares the “eat less, move more” philosophy. Our challenge is scientifically-based and provides you with information to individualise the System to your body type and hormonal profile. Even if you have tried in the past to get rid of your excess body fat and failed... This program will work for you too!

We’ve been in this industry for over a decade now, and we’ve rarely seen someone make a dramatic visual change by not training hard and taking a slow, steady approach. What we have seen, however, is that people from all walks of life and training experience make the decision that from right NOW it all changes. They are determined and consistent with their training and nutrition intake to achieve their goals.

Committing To This Challenge Could Be A Major Turning Point In Your Life.... There’s one thing we know and that is, when you are healthy and fit it has a ripple effect to improve every other aspect of your life. Achieving health and fitness gives you an incredible feeling of being powerful and in control of your life, where you spring out of bed in the morning with energy to attack the day with confidence. It’s proven to work whether you’ve struggled with fat loss in the past, or you just want to get in the best shape of your life!
“The atmosphere you create will determine the product you produce.” Before we get to the fat blasting, nutrition and training methods, a crucial component to the UPE 8 Week Challenge’s success is the atmosphere it creates. This is where the UPE 8 Week Challenge is so powerful – a group of people all striving to achieve a leaner, healthier, stronger physique creates an atmosphere that can’t be created on your own, with a training partner or even a regular training group. The UPE 8 Week challenge gives you a focus, it gets you in the right mindset, in the right environment to achieve the results you desire and deserve. With our new team format, this is going to be taken to the next level.

Optimal training methods that promote lean muscle and less body fat, which means an improved body composition and health. A Tuft University Study found that one of the best predictors for longevity and quality of longevity is how much muscle and strength you have. There is no work out that can burn more calories than your resting metabolic rate so the key when designing programs to improve body composition is that they MUST be designed around training methods that produce the greatest RMR response. Unlike excessive long aerobic activity that causes dysfunction, muscle imbalances and ultimately injury, the programs and training methods you will learn over the next 8 weeks will improve your body composition, structural balance (reduce/prevent injury), fitness and over all health.

Hormones: If you’re sick of ‘spinning your wheels’ with fat loss then maybe it’s time to look at your hormones. During the challenge you will learn how to manage hormones to promote increased muscle, reduce body fat and ultimately improve your overall health.
If you are fed up with the image you see in the mirror and have tried it all we promise you this – stick to the plan and on the other side of this 8 week door is a leaner, healthier, better shaped you, with energy you haven’t felt for years. Whether you open the door is up to you. Our 8 week programs have achieved unbelievable life changing results for people just like you, what you will learn in this program will change your body, health and life for the better. There is no other program that compares to the results and value you receive with the Ultimate Body 8 Week Challenge. If you’re serious about achieving results we’re serious about helping you. We only accept people who are serious about achieving their goals and are prepared to do the work to get there. If this is you, make yourself proud, take action and register TODAY.

The Importance of Quality Nutrition. When it comes to dieting there are many plans out there that produce short term results. The key is to implement a nutrition plan that is maintainable for life - You don't want to be a Yo-Yo dieter. Our 8 week plan teaches you how to eat so you never go hungry and implement the foods that improve your health, promote lean muscle and fat burning rather than fat storing. The #1 challenge rule is “You can’t out train a bad diet”! You are not going to achieve your goals with half-ass efforts and ‘kinda, sorta’ wanting it. The 8 weeks must be intense and dedicated; you must be prepared to get out of your comfort zone. When a training session becomes hard, a lot of people will stop, these are the people that get mediocre results and will never get a significant physique enhancement. They simply don’t want a healthier, leaner body badly enough. If your physique enhancement and health goals are important to you, which, we know they are, you won’t be one of those people. The harder it gets, the more you’ll enjoy it because you know every rep or extra hill you do is going to get you closer to your goal.

You can’t out train a bad diet!

4

You can’t out train a bad diet!
Developed by world renowned strength coach, Charles Poliquin. Charles has established where you store your body fat is a reflection of your hormonal profile affecting your health and body composition (lean muscle to fat ratio). Once your priority area has been established, your Biosignature practitioner will recommend training, nutrition, lifestyle and supplement protocols to improve your health and as a result your body composition. Your discounted Biosignature Assessment will establish the hormones that are affecting your fat loss and health.

For any complex hormone issues we will recommend seeing our on site Naturopath, Sarah to get blood work completed in order to provide us with an accurate understanding of your hormonal profile. There is an additional charge for the Biosignature Assessment of $25. Whilst this is not a requirement it is highly recommended to maximise the benefits you receive from the challenge. Your Biosignature Assessment will also provide you with an accurate Body Composition Analysis.

WHAT’S INCLUDED?

Training & Nutrition
Knowledge is power! You will receive a comprehensive training & nutrition book with scientifically developed training programs along with nutrition information specific to your body type.

Measurements
How can you gauge your results if you don’t know where you started from? We will snap before & after photos and take your girth measurements. Or you can have a biosignature assessment at a highly discounted rate!

Weekly Group Session
Commencing with a monster session, you will participate in these each fortnight. On the alternate fortnight your weekly group sessions will held by your team’s lead performance coach.

You will receive:
- Weight Vest (Valued at $149)
- Before & After Photos
- Inner Circle Membership
- Manual with nutrition plan
- Scientific training programs
- Chance to win over $3000 worth of prizes
- Training Shirt
- Exclusive Weekly Group Session
- Discounted Biosignature
- MYZONE Activity Belt
- VIP Finale Party Access
- 1 x Performance Coaching Session
- Chance to win over $3000 worth of prizes

ALL FOR ONLY $497
**SIGN UP WITH 3 FRIENDS AND SAVE $50 EACH**