

THINK ABOUT BEING FIT...THINK YOU ARE FIT...STEP UP TO THE CHALLENGE

# FITNESS CHALLENGE

Over \$1,000 in prizes

## Warrior Fitness Challenge

*for beginners - kids, juniors & adults*

The perfect balance of cardio & strength training blended together. Five simple exercises: Pull-up, Push-up, Squat, Sit-up and 300 yard Run determines who is fit and who tends to sit. Everyone can do it and everyone wins, but the one with a heart of a champion and pride of a warrior will make the record board. Challenge your friends, co-workers, teammates to see who is a WARRIOR. This is a great way to kick start your fitness program.

## Pound for Pound Challenge

*for advanced & hard core workout fanatics*

Six exercises separate the top performer from the rest and determines who is Pound for Pound the fittest. This is a challenge for the strong willed and experienced fitness enthusiast. "Proof is in the pudding" Now's your chance to prove who is stronger and in better shape. Challenge your friends, family, co-workers, boss, teammates to see once and for all who is the real champion. If you think you're in shape, we dare you to step-up and see if you are a true WARRIOR.



### Your Chance to Win:

- Autographed NFL Football
- Autographed #55 Travis LaBoy Arizona Cardinals Jersey
- 20 Free Personal Training Sessions
- 5-day Sunfare personal gourmet meal delivery service
- Exclusive 300 Club T-shirts

call  
**480.657.6937**  
[info@ikeiperformance.com](mailto:info@ikeiperformance.com)

**Warrior Fitness:** \$25 per person, \$35 for two participants

**Pound for Pound:** \$40 per person, \$55 for two participants

Categories: Women, Men, Junior (13-17 yrs), Kids (7-12 yrs)

Sessions held weekly, call for times & availability

Limited to 4 participants per session

proceeds benefit



visit us on-line

**ikeiperformance.com**

amazing body transformation and workout programs



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CHANDLER

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