

The Athlete's Playground *Around the World* Adult Fitness Challenge



The Athlete's Playground *Around the World* Adult Challenge is a 6-week Virtual Challenge designed to help you lose weight, build lean muscle, and have some fun while doing so. Each participant will have to complete workouts throughout the week that will be tracked using a wearable fitness tracker. The points earned while working out will equate to miles earned and traveled, which is what essentially advances virtually you around the world on the map.

You have 6 destinations that you will have to travel to, 1 destination each week. Each destination will have unique challenge to make things interesting as you go throughout your virtual fitness journey. Each week your new virtual destination will be revealed to you via, the app, email, or text.

There will be small challenges, prizes, and oh yes cheats (advances, roadblocks, and detours) hidden throughout that can help you get ahead, or slightly delay you by forcing you to take a different route.

Challenge Start Date: Saturday October 8, 2022

Baseline Measurements and Challenge Packet Pick Up

Challenge End Date: Saturday November 19, 2022

Final Measurements

The *Around the World* Adult Challenge Includes:

- Initial Measurements
- Initial 1-on-1 Coaching Session to Define Goals and Develop Your Personal 6-Week Plan
- Weekly Fitness and Accountability Challenges (Food, Water, Sleep, and more)
- Daily Workouts and Classes
- Nutritional Guidance to Help Maximize Results
- Weekly Accountability and Coaching Guidance
- Final Assessment
- Post Challenge Workout (4-weeks)

There will be 1 Grand Prize Winner

First Challenger to Make it to the 6th destination 1st.

6 Destination Prizes

3 Challenge Prizes

New Challengers \$269.00 (Price includes Myzone Fitness Tracker)

Existing Challengers \$189.00 (Challengers who already have Myzone Fitness Tracker)



How the Challenge Works

1. Each week (Saturdays) participants will receive the destination they are traveling to.
2. Each participant will have to complete workouts throughout the week that will be tracked using a wearable fitness tracker.
3. You have 6 destinations that you will have to travel to, 1 destination each week.
4. Participants will have the week to earn miles to get to the next destination. In addition, each week there will be a challenge to earn additional miles.
5. Winners of the weekly challenges will be awarded at the end of each week.
6. Participants will also earn miles based on their accountability tracker. This consists of 9 different requirements ranging from water intake, sleep, steps, protein intake, etc.!
7. Each week the leader board will be updated on the Around the World Make so you can see where you are!
8. The points earned while working out will equate to miles earned and traveled, which is what essentially advances virtually you around the world on the map.