



Circuit Factory + Food = **RESULTS**

## WHAT IS IT ?

### Fitness + Food = RESULTS

The principles of weight loss are not difficult: healthy food and plenty of exercise always does the job. The difficulty arises when trying to put these principles into practice. It's hard to make good choices when the food environment is toxic and it's hard to consistently move when our lifestyles are increasingly sedentary.

This is where **The Challenge** comes in. It's a simple, yet powerful 28 day (four week) fitness and fat burning system. The best there is!

## HOW DOES IT WORK ?

Once you have signed up to take part in The Challenge, you will receive a **Challenge ID no.** This is an important and unique number assigned to you and your Challenge file. Memorize this number as you will need it when asked. This number will be unique to you while you train and Challenge with Circuit Factory. There are no duplicates.

It means that you could be "0001" forever. If you have not received your number, you need to send an email to [info@circuitfactory.ae](mailto:info@circuitfactory.ae)

We will provide you with a Challenge starter pack which will include the commitments you need to make for 28 days as well as information on the **Kajabi Challenge platform** that will be used alongside **The Challenge**. The Kajabi element is new to our Challenge system but will be very easy to follow and keep you on track.

We will take your body measurements and weight before your first class. Some members find this a daunting experience. To put it simply, we need a starting point. Trust us, if you follow The Challenge system correctly, these will be numbers you say goodbye to as you embark on your Circuit Factory journey. For our Virtual members you will need to take the measurements yourself. Don't worry, instructions will be provided with your starter pack.

At the end of **The Challenge**, your measurements will be taken again and if you have done your bit, the results will blow your mind.

The 28 day Challenge will be hosted by a **Challenge Master** who will guide you through the entire process.

## WHAT DO I HAVE TO COMMIT TO DURING THE CHALLENGE ?

- ✓ A minimum of four **Circuit Factory Physical or Virtual classes a week.** That is a minimum of 16 classes during The Challenge.
- ✓ Daily check-ins on the **Kajabi Challenge platform.**
- ✓ **Body measurements.** These will be taken at the beginning, the middle and the end of The Challenge.
- ✓ **Fitness tests** to assess your progress will be dished out in the second week and at the end of the 28 days.
- ✓ **Clean eating** and following **The Circuit Factory Food Guide.**
- ✓ Daily submission of an honest weekly food **Confessional.** This is a food diary that details everything that passes through your lips.
- ✓ Optional **transformation photos.**
- ✓ Most importantly, your **A-game** of course!

## TRANSFORMATION PHOTOS & THEIR IMPORTANCE

## WHAT WILL YOU GET FROM US ?

Although this is optional, a lot of our members have gone through some drastic changes in their physical appearance with our Challenge system. It is not always about the numbers hence we ask our Challengers to take progress photos.

All photos will be kept **confidential** unless you give us the permission to share them, especially if you achieve amazing results.

If you are really not comfortable sending in your photos to us we still recommend that you keep a private track of your physical changes.

**Access to all the CF Challenge tools and resources that will help you get through the 28 days.**

Unlimited access to our **Physical or Virtual classes** depending on your Challenge membership package\*. Savage physical and online workouts available for all fitness levels. You can now take part in The Challenge, no matter where you are in the world. We have you covered.

Full access to our **Kajabi Challenge platform** filled with advice and inspiration.

**The CF Food Guide** - fundamentals of basic nutrition that will help plan your food and meals accordingly.

Outrageously delicious set of **CF recipes** that are designed in accordance with The CF Food Guide. Are you ready to become an instant Chef?

A **weekly meal plan** to cover your breakfasts and dinners. Less thinking on your part.

Access to **The Black & Yellow Tribe**. Only accessible to members signed up to The Challenge. This is in addition to the private Facebook group.

*\*Physical Challenge membership packages have free access to our LIVE Virtual classes during The Challenge.*

## FREQUENTLY ASKED QUESTIONS

### WHERE IS IT ?

If you have signed up for The Challenge, and Physical classes in Dubai, then you can take part in any of our Dubai CF locations. Click [here](#) for our complete listing locations and class timings. You can mix it with our Virtual classes as well, so there are no excuses.

If you have signed up for the Virtual Challenge, depending on where you are, you can take the same heart thumping classes with our Circuit Factory Virtual partners from [Abu Dhabi](#), [KSA](#), [Luxembourg](#), [The Netherlands](#), [Pakistan](#) and [For Her \(Ladies only\)](#).

Check out their timetables to find out which class times suit you according to your local timings.

### HOW MUCH DOES IT COST ?

You should have a valid full month Circuit Factory (Physical) membership during the duration of The Challenge in order to access the full program. For Virtual Challengers - You need to purchase your **Challenge Pack** through Glofox Store depending on which CF Virtual partners you've signed up for.

### IS THERE A LADIES ONLY CHALLENGE AVAILABLE ?

At the moment, this is not available in our Physical classes but we have Circuit Factory Virtual For Her classes available. You can check it out by visiting their website above or email [forher@circuitfactoryvirtual.com](mailto:forher@circuitfactoryvirtual.com)

### WHAT WILL I EAT ?

The Challenge includes your eligibility to access our signature CF Food Guide, our upgraded Holy Grail for our longstanding members. We have spent months evolving this module with our resident nutritionist. Access to our delicious recipes along with the CF Food Guide will help you nail the complete system.

### WHEN DOES THE CHALLENGE START ?

[Click here](#) for the countdown and Challenge dates.

## FREQUENTLY ASKED QUESTIONS

### WHAT IF I TRAVEL DURING THE CHALLENGE ?

Circuit Factory Virtual will take care of you. Depending on where you are taking The Challenge, we have affiliated with our partners in KSA, Abu Dhabi, Luxembourg, The Netherlands and Pakistan. Please email [info@circuitfactory.ae](mailto:info@circuitfactory.ae) if you are interested to join us from any of these countries.

### IS THERE A CHALLENGE WINNER ?

Of course! We always reward people who have worked hard during the entire Challenge. But, it is not going to be easy. Our winners are carefully selected based on different criteria and if you tick all these, then your chances are higher. Winners are announced at The Challenge finale event.

### HOW DO I WIN ?

You must demonstrate that you have significantly changed your lifestyle, habits and mindset when it comes to food and fitness. To be a winner, you have to put in an extraordinary amount of effort. You need to make sure that you are on top of your game and truly make an inspirational difference. We will take care of the rest.

But! Remember, winning The Challenge is just a cherry on top. Reaching your goals and your own achievements in 28 days will truly be your victory.

### WHAT CAN I WIN ?

We always reward our Challenge winners and there will be different prizes available for Physical and Virtual winners. These may include some or all of the following:

- ✓ **One month of FREE Circuit Factory Physical or Virtual training.**
  - ✓ The Circuit Factory Challenge Trophy.
- ✓ You will join the Circuit Factory's Hall of Fame and your name will become part of Circuit Factory's history.
  - ✓ Circuit Factory merchandise.

\*Prizes may vary for Circuit Factory Virtual Global Winners

## FREQUENTLY ASKED QUESTIONS

### HOW DO I SIGN UP ?

Visit [www.circuitfactory.ae/challenge](http://www.circuitfactory.ae/challenge) and follow the steps.

### I HAVE MORE QUESTIONS ?

No problem. Email [info@circuitfactory.ae](mailto:info@circuitfactory.ae) and we will take it from there.