

THE
CIRCUIT
FACTORY

CHALLENGE



MOVEMENT + FOOD = RESULTS

WHY DO YOU NEED THE CHALLENGE?

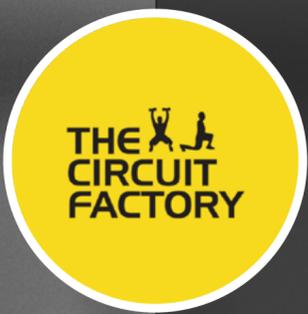
The principles of weight loss aren't difficult: healthy food and plenty of exercise always does the job.

The difficulty arises when trying to put those 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 4-week system, that combines everything you need to torch those pounds.

HOW DOES IT WORK?

We take your body measurements before your first class. You then commit to the following:



4 **Circuit Factory** classes a week.



"**Breakfast Exercises**" at home, on training days.



Clean food via the **Holy Grail** or our healthy recipes.



Submit a weekly **Confessional** (food diary) for review.

At the end of the Challenge, we will measure your body again, and if you've done your bit, the results will **blow your mind.**



“ I changed mentally and emotionally. The way i look at things is very different and i want to spread it to others. It is a life-changing experience.

I was asked once how many surgeries i got to reach to where i am. I answered, I was diagnosed by the syndrome.”

O L A



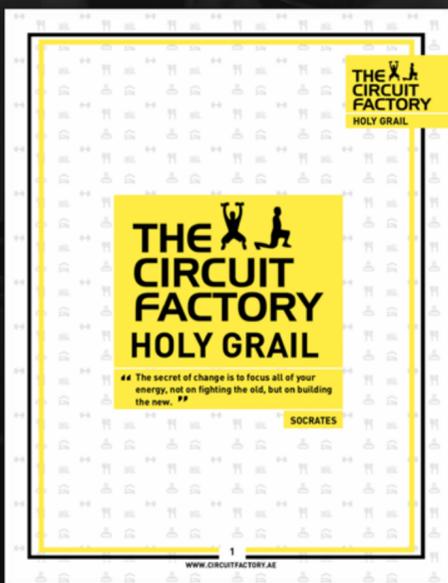
“ It's real and it somehow grabs hold of you like no other fitness programme or facility I've ever come across. The people and the style make it addictive, it's fun, it seems to reach to you and you feel like everyone knows you. This is so different to other gyms and classes where you go along for months or even years without anyone noticing you.”

R U S S E L L

ADDITIONAL RESOURCES

Each Challenger will receive the following:

THE HOLY GRAIL



A food document par excellence.

WEEKLY RECIPES



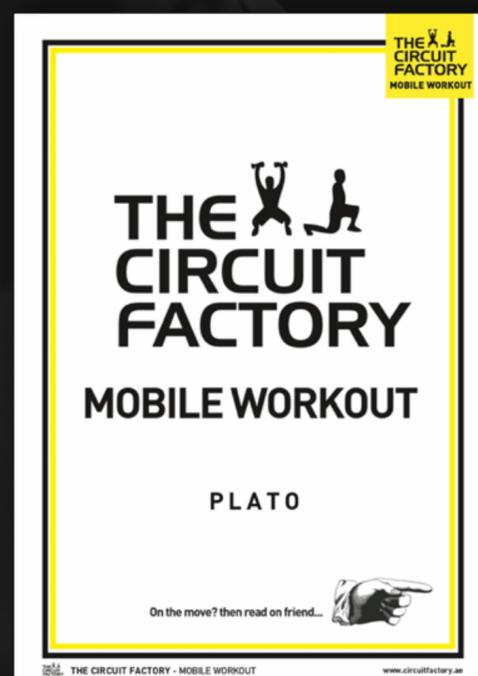
Outrageously delicious & healthy recipes sent to you every week.

ROLL CALL EMAILS



Daily emails packed full of advice and inspiration.

THE MOBILE WORKOUT



If you travel, we've got you covered.

FAQ'S

Where is it?

All CF locations: [click here](#).

How much does it cost?

A CF membership is AED895 per month. This includes unlimited classes and entry into the Challenge. Al Quoz prices differ: [email us](#) for more info.

What will I eat?

We give you a food plan, aka "The Holy Grail," menu & shopping lists.

When does the Challenge start?

Check out the countdown clock [here](#).

What if I travel?

We give you a mobile workout to follow while you're away.

Is there a winner?

Yes. Winners are announced at the Challenge Finalé, and will receive a month of free CF training (worth AED895) and a cheap trophy (priceless).

FAQ'S

How do I win?

You must demonstrate that you have significantly changed your lifestyle, habits, or mindset. To be a winner, you have to put in an extraordinary amount of effort.

I have more questions.

Click [here](#) and we will answer them.

How do I sign up?

Visit www.circuitfactory.ae/challenge and follow the steps.