

FASTER WAY
T O F A T L O S S ®



FASTER WAY **FIT WARS**

Unleash Your Inner Champion This July!

Program Guide

Here's what to expect in this exclusive guide:

- Letter from Amanda Tress
- Prizes and Badges
- How Fit Wars Works
- Your Official Attempt Tracker
- Top Trainer Tips to Succeed



FASTer Way - Let's Gear Up for July!

Dear VIP Members,

As we gear up for summer, I'm thrilled to announce our most exciting challenge yet - the FASTer Way Fit Wars!

Over the spring months, you've been building up to this...now it's time to push your limits and celebrate your progress. The Fit Wars are designed to be both challenging and accessible, no matter where you are in your fitness journey.

This summer, we're inviting you to dig deep and discover what you're truly capable of. Whether you're aiming to set a personal record or simply want to challenge yourself, the Fit Wars offer something for everyone.

Our team is here to support you every step of the way. We can't wait to see your achievements and the strength of our community shine through this challenge.

Are you ready to join us and make this a summer of growth and accomplishment? Let's show what we're made of in the Fit Wars!

Now let's start strong together on July 1st!

In Health,

Amanda Tress

Founder and CEO





Your **FREE** Fit Wars Shirt

Introducing our BRAND NEW Fit Wars reward - yours just for participating! Every challenger earns our most exciting gear yet: a vibrant teal cropped tank or full-length tee. In our fresh summer color, it's the perfect way to showcase your Fit Wars achievement. No matter your finish time, you'll earn this exclusive apparel simply by completing the challenge. Get ready to sport your new favorite fitness gear and show the world you conquered the Fit Wars! (Just pay \$5 domestic/\$12 international for shipping!).

Everyone Wins, Champions **Score Big!**

Push Further, Win Bigger

It's not just about competition - it's about celebrating your commitment to fitness. Every participant is a winner in this challenge! Check out the lineup of swag and cold hard cash!

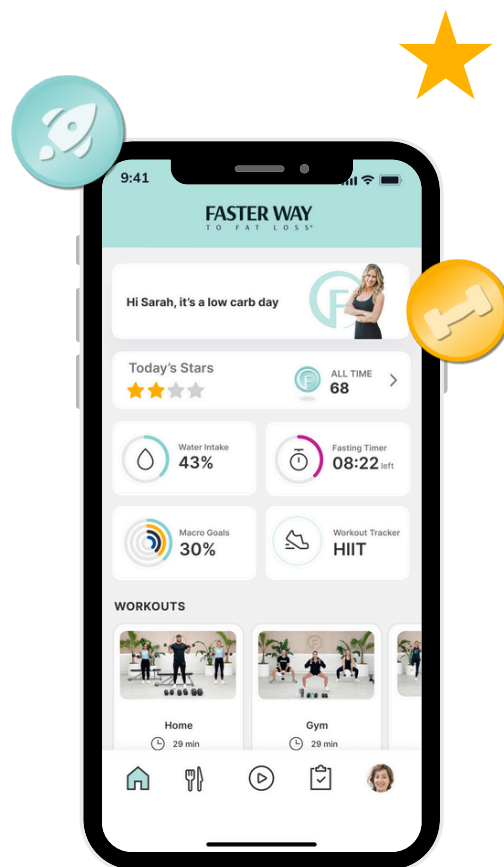
Guaranteed Rewards for All Participants

- Exclusive FASTER Way Fit Wars Tank or Tee
- Special Achievement Badge for your app profile

Grand Prize: \$5,000 Cash

Top Performers Win

- Walking Pad
- FASTER Way Hydration Bundle
- Ninja Creami
- Weight Bench
- On Cloud Shoes



*Stars feature available on mobile app only



How It Works:

Everything You Need to Know

- **Eligibility and Preparation:**
 - VIP members only, but remember, you must opt in!
 - July 1: Experience challenge moves in Monday's HIIT workout
 - July 3: Preview the full Fit Wars workout with Pro Trainers
- **Challenge Details:**
 - Choose your level: full-out or modified (stick to one throughout)
 - Set up your camera and timer for the official attempt
 - Use our provided tracker to record sets and final time
- **Taking the Challenge:**
 - Perfect your form during practice sessions
 - When ready, complete the full Fit Wars workout
 - Push yourself, but maintain proper technique!
- **Submission Process: July 21-26**
 - Submit to receive your free challenge shirt (\$5 domestic, \$12 international shipping) and app badge
 - Include your time to qualify for additional prizes, including the \$5,000 cash grand prize
 - We'll request your video if you're a top contender
- **Winners Announced: July 31**

Remember, you must submit your completion to receive the free shirt and badge, even if you're not competing for prizes. For those aiming high, submitting your time puts you in the running for extra rewards and the grand prize!



THE FIT WARS WORKOUT

100 squat jumps

As if regular squats weren't hard enough.

100 sit-ups

Making your abs regret every workout they ever skipped.

100 burpees

The workout that makes you question your life choices.

100 push-ups

Gravity's worst nightmare.

Competition Categories and Age Brackets

18-29 | 30-39 | 40-49 | 50-59 | 60+



Your Official Attempt: **Conquer the Clock!**

It's time for your official Fit Wars attempt! Set up your camera and timer, then choose your preferred format: 5x20, 10x10, 2x50, 4x25, or create your own unique approach. Use our handy tracker below to mark off your sets as you complete them – it's easy to lose count when you're in the zone! This is your chance to show what you've achieved, so give it your best effort. When you finish, don't forget to record your time. Get ready to share your accomplishment starting July 21 and celebrate your hard work! *Remember, If you want to compete, stick with ALL modified moves or ALL regular moves.

My format:

Reps:

Sets:

SETS COMPLETED:

1st attempt

2nd attempt

1st attempt

2nd attempt

1 ☐

☐

6 ☐

☐

2 ☐

☐

7 ☐

☐

3 ☐

☐

8 ☐

☐

4 ☐

☐

9 ☐

☐

5 ☐

☐

10 ☐

☐

1st attempt

Date completed: _____

Time: _____

2nd attempt

Date completed: _____

Time: _____



TOP TRAINER

TIPS TO SUCCEED

Get ready to conquer an epic fitness feat that will showcase the strength gains you've been making all year so far! Here are our top tips.

Preparation Tips

Warm Up Properly:

- Spend at least 5 minutes warming up your muscles with dynamic stretches and light cardio. This helps prevent injuries and prepares your body for the intense workout.

Stay Hydrated:

- Drink plenty of water before, during, and after the workout. Hydration is key to maintaining performance and avoiding cramps.

Execution Tips

Break It Down:

- Instead of doing 100 reps of each exercise in one go, break it into manageable sets. For example, do 10 sets of 10 reps or 5 sets of 20 reps for each exercise.



TOP TRAINER

TIPS TO SUCCEED

Pace Yourself:

- Maintain a steady pace rather than rushing through the reps. This helps maintain form and reduces the risk of injury.

Focus on Form:

- Ensure proper form for each exercise to maximize effectiveness and minimize the risk of injury. Quality over quantity!

Exercise-Specific Tips

Squat Jumps:

- Land softly on your feet to reduce impact on your joints. Engage your core and keep your chest lifted.

Sit-Ups:

- Use a mat to support your lower back. Exhale as you lift your upper body and inhale as you lower back down.

Burpees:

- Break the movement into steps if needed: squat, plank, squat, jump. Keep your core engaged throughout.

Push-Ups:

- Keep your body in a straight line from head to heels. Be sure to keep everything tight and tuck your pelvis forward.



3..2..1.. Let the **Fit** **Wars** Begin!



FASTER WAY
TO FAT LOSS®