



**CQU GYM**

# R7<sup>6</sup> WEEK *Challenge*

**HANDBOOK**

# R7 WHAT'S *Included*

**On Top of your 6 week gym access, you'll also be part of ALL OF THIS!**

## **Progress Tracking & Accountability**

Monitor your progress with fitness testing, InBody scans, check-ins, and progress photos. Stay accountable using your accountability tracker, challenge rules, and the EverFit app.

## **Meal Plan & EverfitApp**

Unlock exclusive access to our app and meal plans during your challenge! You'll have everything you need to thrive and achieve the balanced life you desire. Plus, our qualified nutritionists, Shannon and Steph, will provide you with the essential tools to fuel your body effectively.

## **Support Forum & Community**

We're here to support you on your journey! Whether you prefer to visit us in person, call, or message, we're ready to help. Plus, gain access to our private forum, where you can connect with fellow challengers and knowledgeable staff for questions, advice, inspiration, and encouragement.

## **Educational Approach**

Our approach is purely educational. We take pride in equipping you with the tools for success not only during the challenge but also afterwards. No matter where you are on your health journey, we expect you to gain valuable information from our challenge.

## **Exclusive Events & Guest Trainers**

Our challenges feature weekly exclusive events with CQU Gym staff and special guest trainers. These sessions are crafted to challenge you both mentally and physically, providing a comprehensive experience to enhance your journey.





# YOUR INVESTMENT

# R7

As a community fitness facility, we prioritise the quality and affordability of our challenges, ensuring that everyone has the opportunity to achieve their personal goals.

## MEMBER PRICE

Upfront Payment  
**\$270.00**

*\*Member price avail to  
Fitness Passport members*

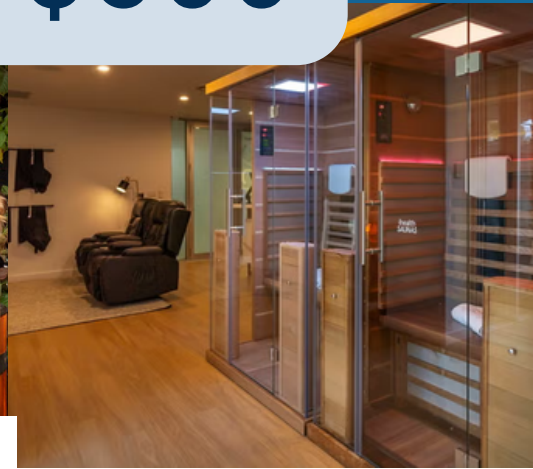
## NON-MEM. PRICE

Upfront Payment  
**\$370.00**

*\*\*Non-transferrable and non-refundable.*



# WIN A PRIZE WORTH OVER \$500



**5 x 60min Session Pass  
at Recovery Room Sea Spray**



donated by



**Supplement Pack**

donated by



**\$50 ANNEE'S Voucher**

donated by



**CQU  
GYM**

**\$150 CQU Gym Dollars**



**Mingle Seasoning Cooking Set**

We are here to help  
you on this journey.



# R7 EXCLUSIVE *Events*

## PRE-CHALLENGE

**Sat 25 October:** Initial Testing Day at 7am

**Sat 25 October:** Seminar at 8:30am

**Mon 27 October:** Challenge Starts

## EXCLUSIVE EVENTS

**Sat 01 Nov** at 6:30am

**Fri 07 Nov** at 5:30pm

**Sat 15 Nov** at 6:30am

**Sat 22 Nov** at 6:30am

**Sat 29 Nov** at 6:30am

**Fri 05 Dec** at 5:30pm

*\*Full scaling options  
and modifications  
available*

## FINAL TESTING

**Sat 6 Dec:** Final Testing Day at 7am

**Sat 6 Dec:** Challenge Awards Night at 6:30pm

# R7 CHALLENGE *Rules*

1

Exercise daily (30 min)



2

Follow your meal plan & track in the app provided



3

Participate in at least 3 group fitness classes or 3 provided training sessions each week



4

Participate in exclusive challenge events



5

Drink water daily (2-3L)



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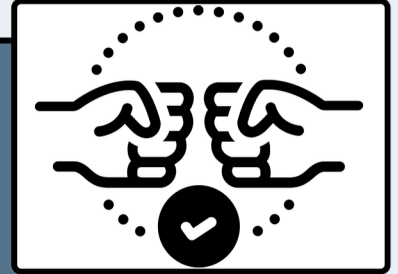


# R7 ELIGIBILITY TO *Win*

**1**

## INVOLVEMENT

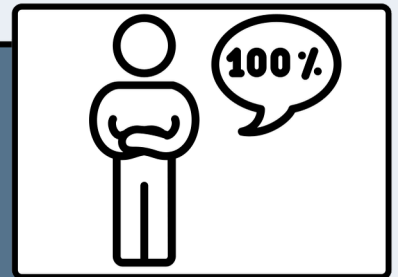
- Use of the support forum.
- Encouraging other members.
- Class or program completion & exclusive event participation.



**2**

## COMMITMENT

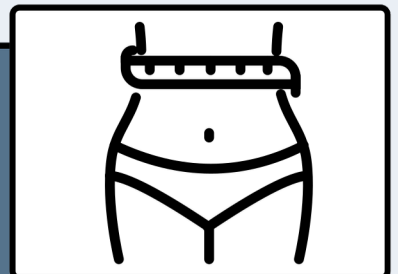
- Track your nutrition in app.
- Following the Challenge Rules.
- Completion of mid-way weigh in & weekly check in.



**3**

## PHYSICAL RESULTS

- Positive body composition changes.
- Improvement in physical testing results.



# MEET *your* TRAINERS



**Paul**  
***COORDINATOR***



**Kayla**  
***TRAINER & PT***



**Kylie**  
***TRAINER***



**Anika**  
***TRAINER & PT***

**R7**

**CQU**  
**GYM**

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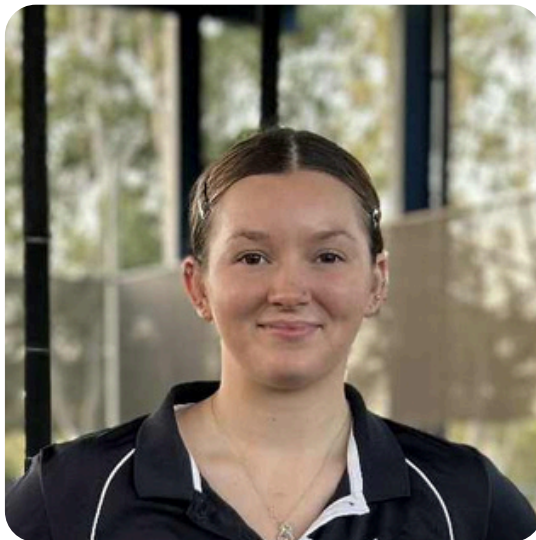
# MEET *your* TRAINERS



**Georgie**  
**TRAINER**



**Cecilia**  
**TRAINER & PT**



**Hayley**  
**TRAINER**



**Justin**  
**TRAINER**

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you on this journey.*



# R7 MEET *your* NUTRITIONIST



Shannon is our in-house nutritionist and qualified personal trainer who'll be your go-to for all nutrition advice during the challenge. She's here to support you with meal guidance and staying on track!

**Shannon Clark**



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# R7 MEET YOUR *Guest* TRAINER



**Victoria MacLean**

Victoria is a Clinical Pilates Instructor and the founder of The Pilates Studios at Wellness on William Health Collective.

Her passion lies in empowering individuals to take control of their health journey through education.



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# R7 MEET YOUR *Guest* TRAINER



**Steph O'Brien**

Steph, a former trainer at CQU Gym and now a qualified physiotherapist, she brings extensive knowledge of the fitness industry along with a positive energy that's sure to leave everyone smiling after each session.



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# GROUP *Fitness* SCHEDULE



1. Scan the QR code
2. Create an account
3. View the class timetable
4. Book in for a class

## *Personal* TRAINING

Ready to elevate your training during the challenge? Take advantage of our personal trainers! We offer 1-on-1 personal training and group sessions at a discounted rate for challengers.

Your trainer will tailor each session to meet your specific goals, pushing you to maximise every workout. You can check availability and book a session directly with your trainer or at reception.



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# Challenger TESTIMONIAL

*"I have lost 18.9kg from completing the challenges and have never felt better. I would recommend them to anyone wanting to make a change to improve their health and fitness."*

*- Alan Loader*

Alan Loader



Before

After

**CQU GYM**



# Challenger TESTIMONIAL

*"I signed up to the CQU Gym challenge because I wanted to strengthen my body and lose some weight but I wasn't sure how. I have dieted before without exercise and exercised without controlling my food intake.*

*The challenge showed me by eating correctly and with regular exercise, mixed in with fun and team work, anything is possible. I have made it a life choice and I am thankful for the guidance of the CQU Gym team through this challenge. "*

*- Darren Anderson  
Winner of R4: 6 Week Challenge*



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# R7<sup>6</sup> WEEK

## *Challenge*



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