

# THE INNER-ATHLETE PROGRAM

## WHAT IS IT?

SSH+F's Inner-Athlete Program is an opportunity for you to achieve goals that you never thought were possible in only 9 weeks. The program uses a proven periodised training program, which gives you the ultimate environment to maximise your potential to reduce body fat and increase lean muscle. With the support and guidance of our reputable Personal Trainers, Instructors and not to mention your peers, you will be educated and have instilled positive, sustainable habits that will last a lifetime.

## WHY SHOULD I JOIN?

1. To improve your mental and physical capabilities
2. To actually conquer your fitness goals and see results
3. To gain full support and guidance on your fitness journey, ensuring the sustainability of your progress.

If you're looking for a kickstart in your training or have specific goals in mind, ie, getting fit for a holiday; running 5km; enrolled in an obstacle course or simply need to get fit fast, then the Inner-Athlete Program is for you. With proven methods and periodised programming, not to mention the support by our team, you will find yourself smashing your goals in no time!

## HOW MUCH DOES COST?

Packages start at only \$19.95 per week in addition to your standard gym membership cost.

## WHAT'S INCLUDED?

Everything an athlete in training needs to succeed! Two Body Composition Analyses; access to 14 comprehensive sessions per week; 9 week Periodised Programming (proven to enhance body fat loss and increase lean muscle mass); BONUS Group Training Sessions; exclusive workshops and seminars; nutritional guidance; access to our private Facebook community; discounted Myzone belt with an option to try before you buy and more!

## IS THERE ANYTHING THAT ISN'T INCLUDED?

Your Myzone belt - while not compulsory, the Myzone heart rate monitor will give you instant feedback on your training, level of exertion and calories burnt, while rewarding you with Effort Points at the same time. Throughout the 9 weeks there will be an exclusive Myzone Challenge just for your group - everyone loves a little bit of competition!

## DOES THE PROGRAM HAVE A WINNER?

While we consider everyone a winner for taking the steps to better their health + fitness, there are prizes up for grabs to give you that extra incentive. The winners will be decided on their overall improvement in Body Fat %, Lean Muscle Mass and Overall Fitness Score (Body Composition Analysis).

## HOW DO I GET STARTED?

Easy! Visit reception, complete your application form and you're ready to go!

Call **(07) 5591 5800**  
or visit reception for more information.

 SharksFitness  SharksFitnessCentre  
[sharksfitness.com.au](http://sharksfitness.com.au)

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