

## Salvo New Year Challenge

Starts: **January 10<sup>h</sup>**

Ends: **February 24<sup>th</sup>**

What you Get:

1. Two Inbody Scans (before and after)
2. Measurements
3. Food PDF's to help (Upgraded Nutrition Option Available)
4. Weekly Challenges

How do you win (point system):

1. Body Fat % Loss
2. Muscle Mass % Increase
3. Inches loss or gain(depends on what you want)
4. Social Media Posts
5. Attendance

Prize: 1 Male and 1 Female will win a new training shoe of their choice (\$130 max)