

BREAKOUT STUDIOS

LIFE MOVES · MOVE WITH IT

BreakOut Studios Sizzlin' Summer Lifestyle Challenge

Join us for a 12-week lifestyle challenge. Through analysis and reflection on your current lifestyle choices, body type, and mental and physical health, the team at BreakOut studios will create a challenge specifically tailored to you and your needs to ensure that after 12 weeks of working together, you'll not only have accomplished your fitness goals, but gained the habits and skills necessary to take control of your own health.

The challenge will be broken up into three four-week sessions. **Session One** focuses on nutrition, examining current eating and lifestyle habits and launches the bodies into motion. **Session Two** focuses on visioning for the future in every area of life, while introducing more vigorous fitness challenges. **Session Three** involves creating and implementing new rituals, cultivating a support team, and detailed planning for long term health, while ramping up our cardiovascular and muscular training ensuring participants to reach their physical goals.

Our lifestyle challenge will function on a points system, where points can be gained through attending classes at BreakOut and completing daily tasks and fitness challenges. Throughout the week you will be able to check in with BreakOut staff to hold you accountable and answer any questions that may arise. Participants of the program will be eligible for exclusive benefits, including discounts on BodPod Body Scans, which will be used to monitor the changes in the bodies of participants from the beginning to the end of the challenge. As a participant of the challenge you will have access to the full BreakOut studios staff, which includes nutritionists, personal trainers, yoga teachers, and dance professionals.

Register before May 20th for \$199.99: includes 12 weeks of the Lifestyle Challenge.

Lifestyle Challenge members have access to exclusive class prices at BreakOut and are able to purchase an unlimited monthly class pass for \$75 per month.

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Summer Lifestyle Transformation Tentative Schedule

Session 1- May-June

May 20th: Initial Assessment

Daily Fitness Challenges:

Week 1: Food Journaling

Week 1: 15,000 steps

Week 2: Food Portioning

Week 2: 50 lunges, 50 squats, 1 min wall sit

Week 3: Food Prep/pack – (cooking class?)

Week 3: 100 jumping jacks, 20 min jog/fast walk

Week 4: Clearing the Closet

Week 4: 15,000 steps + 50 squats + 2 mins of plank

Recommended BreakOut Classes: Booty Belly Fit, TRX, Dance Cardio

Session 2 – June-July

Daily Fitness Challenges: Maintain min 12,000 steps per day

Week 1: Visioning

Week 1: 50 push-ups, 50 mountain climbers

Week 2: Places I must go

Week 2: 100 sit-ups

Week 3: Places I will see

Week 3: 50 sit-ups, 20 min jog/fast walk

Week 4: Mirror Mirror

Week 4: 20 Burpees

Recommended BreakOut Classes: BootCamp, Long and Lean, Ballet 1-4, Jazz Funk, TRX, Dance Cardio

Session 3 – July-August

Fitness Challenges:

Week 1: Anchor

Week 1: 50 Squats, 50 Jump Lunges, 50 Sit-Ups

Week 2: Ritual

Week 2: 50 Push Ups, 25 Chair Dips

Week 3: Support Team

Week 3: 30-45 minutes of cardio activity per day

Week 4: Just Keep Going

Week 4: 2 Min of plank, 20 Mins Cardio, 50 Jumping Squats

Recommended BreakOut Classes:

BootCamp, Long and Lean, Modern, Lyrical, Hip Hop, TRX, Dance Cardio

