

ISI® ELITE TRAINING



iron45®

**GAME
ON**



**IT ALL
STARTS WITH
YOU.**

iron45[®]

SEPTEMBER 6TH - OCTOBER 20TH

Welcome to the ISI[®] Elite Training IRON45 Challenge. It's time to change your game by challenging yourself physically, nutritionally, and mentally. During IRON45, you'll be challenged to introduce new habits, hydrate and perform at your own pace. You can use the tracker provided in your facility or on Instagram to keep yourself accountable.

PHYSICAL

24 IN 45.

We challenge you to book 24 sessions in 45 days, a minimum of 4 workouts each week. This will enforce a great change in your routine and help you achieve your fitness goals.

**BONUS*Receive 2 InBody Scans to track an in-depth analysis of your results.*

This IRON45 challenge will also consist of 2 benchmark workout events, at the beginning and end of the challenge. The benchmark workout will challenge your level of endurance based on how many rounds you can complete of the workout consisting of:

UPPER BODY | LOWER BODY | CORE/CARDIO

NUTRITIONAL

HYDRATE.

Drink half your body weight in oz. daily.

I CHOOSE TO: _____

Throughout the 45 days, you'll be challenged to choose one new habit nutritionally to focus on. Whether you're dropping the craving of your favorite late night snack, alcohol, sweets, etc. We challenge you to commit to a nutritional plan that fits your dietary preferences. (Recommended, but not limited to: Whole30, Intermittent fasting, macro specific diet, etc.)

MENTAL

SHIFT YOUR FOCUS.

We know changing your game involves more than just the physical. It takes a shift in your focus, a change in your mindset. Throughout the 45 days, you'll be challenged with a word of the week to empower, uplift and motivate your mindset as you move through building new habits for yourself.

IRON45 BENCHMARK WORKOUT EVENTS

PREGAME

GAME DAY

SEP
10

OCT
22





NAME

PREGAME WORKOUT

INBODY SCAN

GAMEDAY WORKOUT

INSERT DATE OF PREGAME WORKOUT

DATE

SCORE

INSERT HIGHEST SCORE ACHIEVED AT BENCHMARK WORKOUT NO. 1

DATE

DATE

DATE

SCORE

INSERT DATE OF PREGAME WORKOUT

INSERT HIGHEST SCORE ACHIEVED AT BENCHMARK WORKOUT NO. 2

INSERT NUMBER OF COMPLETED SESSIONS AT THE END OF THE WEEK

SESSIONS

W1

W2

W3

W4

W5

W6

W7

H2O WEEKLY INTAKE

M T W Th F S Su

FILL IN OR CHECKMARK TO TRACK YOUR PROGRESS OF YOUR DAILY WATER INTAKE

I CHOOSE:

INSERT CHOSEN NUTRITIONAL PLAN AND/OR CHOICE OF CRAVING/HABIT BEING DROPPED



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2022

SHIFTED **YOUR** FOCUS. **LEVELED UP.** CHANGED YOUR GAME.

ENJOY **15%** OFF ONE ISI® ELITE
NUTRITION SUPPLEMENT

LIMIT TO ONE USE ONLY. ONLY AVAILABLE FOR PURCHASE AT YOUR HOME ISI® ELITE TRAINING FACILITY

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