

# SR ATHLETIC CLUB

## 12 WEEK FITNESS CHALLENGE

IT'S BACK!!!

STARTING  
SEPTEMBER 14<sup>th</sup>!!!



Larry “The Loser” Carr  
will take you on a

# 12 WEEK JOURNEY

and help you achieve those  
weight-loss goals you have been  
“sitting” on for too long...

It’s time to get up, challenge  
yourself, and start shedding those  
pounds!!!

# THE CHALLENGE

Larry "The Loser" Carr is challenging you to lose as much weight & body fat as possible! Through his hard work, Larry lost **30 lbs.** during the last Challenge!!! Do you have what it takes to be the biggest loser?

Your body fat will be measured before and after the Challenge using a *Hydrostatic Body Fat Test*. Underwater Immersion is regarded as the Gold Standard in testing and the most accurate method for determining body fat %. Weight will also be tracked and recorded.



- Accurate assessment of your body fat % and lean mass
  - Detailed tracking of previous tests
- A reference table showing where you are and where you should be
- Calculation of your resting metabolic rate and total caloric burn

# REWARD FOR SUCCESS

See dramatic results as well as receive  
PRIZES IN THREE CATEGORIES:

## MALE

(\$500 SRAC Gift Card)

## FEMALE

(\$500 SRAC Gift Card)

## INSPIRATIONAL

(\$250 SRAC Gift Card)

**\*Winners will be determined by total body fat  
and weight loss percentage**

# HOW TO JOIN

## **\$60 Early Bird Registration**

**(MUST SIGN UP BEFORE AUG. 31)**

**\$75 Registration Fee after Aug 31**

### **Current Members Will Receive**

*2 Hydrostatic Body Fat Tests*  
(**\$100 value**)

*5 SRAC Boot Camp Sessions*  
(**\$100 value**)

*Exclusive Personal Training Discounts!!*  
(**ONLY \$39/session**)

*1 Fitness Assessment with an SRAC Trainer*

# WHAT’S MY COMMITMENT?

YOU MUST WEIGH IN **SEPT 14th** ON  
THE CLUB SCALE AND PARTICIPATE  
IN BOTH UNDERWATER TESTS

- You must weigh in every Monday for the 12 weeks on the club scale

\* If you are out town any time during the 12 weeks and unable to weigh in on the club scale, please submit documentation of your gains/losses while away.

- You must participate in both Hydrostatic Tests on 9/14 and 12/7

# WEIGHT TRACKING

YOUR PARTICIPATION AND PROGRESS WILL BE TRACKED AND DISPLAYED IN THE CLUB.

**IF YOU ARE NOT A PRIZE CONTESTANT, YOUR WEIGHT / BODY FAT % WILL NOT BE DISPLAYED. ONLY YOUR GAINS OR LOSSES DURING THE WEEK WILL BE POSTED.**

THIS IS A VERY IMPORTANT PART OF YOUR COMMITMENT; IT SERVES NOT ONLY AS A MOTIVATING FACTOR FOR YOU, BUT INSPIRATION FOR OTHERS!

# CLAIMING YOUR PRIZE

IN ORDER TO BE ELIGIBLE FOR A PRIZE, YOU MUST HAVE TAKEN A BEFORE AND AFTER PICTURE, PARTICIPATED IN BOTH UNDERWATER TESTINGS, AND WEIGHED IN EACH MONDAY ON THE CLUB SCALE.

YOU MUST ALSO AGREE TO ALLOW YOUR (1) BEFORE AND AFTER PICTURE (2) STARTING AND ENDING WEIGHT AND (3) BODYFAT % TO BE DISPLAYED AND REFERENCED IN CLUB ADVERTISING.

# LOSER SUPPORT GROUP

All Losers are encouraged to join the online support group @ [WWW.FACEBOOK.COM](http://WWW.FACEBOOK.COM). Search “*Snoqualmie Ridge Athletic Club*” and become a fan of our page. If you are not a member of Facebook, simply sign up and create your profile for free.

Our Loser Support Group will be held under the “**Discussions**” tab on SR Athletic Club’s Facebook page. Feel free to browse the forum for insights, ideas, and support on getting in the best shape possible! You can also post your thoughts and questions about the experience and let everyone know how you are doing!