



# FIT FOR FALL Challenge 2022

Looking to take off the extra pounds your summer vacation added? How about increasing that beautiful muscle tissue everyone loves to feel on themselves? Want to create effective habits that support your current training regime? Or maybe you'd just like some good ol' motivation, accountability and support? This may be just what you're looking for.

Our 8 week challenge, kicking off on September 18, was created to help motivate and drive our members to dial in their nutrition and body composition, cultivate a deeper understanding toward their training adaptations, and have fun through a little bit of healthy competition with your fellow KMW members. Here's how our FIT FOR FALL CHALLENGE works.

## EARN PRIZES::

It's a CHALLENGE so there's got to be some prizes. How do you earn prizes, you ask?? The participants with the most points accumulated in their age division over the 8 week period are the winners. Simple as that. There's lots of ways to earn points.

## AGE DIVISIONS:

1st, 2nd and 3rd place awards will be given within the following age divisions

-34 years or younger

-35 years or older

## HOW TO EARN POINTS:

- 1) Every and any KMW class you train in earns you points.
- 2) Attend the workshops in person or via Zoom.
- 3) Completing the before and after special fitness tests earns you points.
- 4) Earn points for change in body composition through pounds lost or muscle gained.

## CLASS ATTENDANCE: (X points)

You'll earn 1 point for every class you participate in at KMW.

You must be checked in at the front desk in order for us to keep record of your classes.

If you plan to take more than 1 class be sure to check in for both classes or you will not receive credit for both.

#### WORKSHOPS: (40 points)

These are designed as interactive seminars to guide and support you through the journey of this challenge. There are 4 workshops for which you'll earn 10 points for every workshop you attend. You may attend on Zoom and still earn your points. The Zoom workshop will be recorded so you still have access to the lesson taught for that topic; however, you will not be able to earn points unless you are in attendance in person or over Zoom.

- 1) General nutrition and recommendations of how to achieve your body composition goals.
- 2) Nutrition for weight loss vs. performance.
- 3) Recovery and supplementation.
- 4) Overcoming challenges and cultivating the mindset to support your achievements.

#### FITNESS TESTING: (30 points)

Another way to earn points is through our special tests of fitness where you will perform a before and after test to see how much your fitness has improved all around.

Test 1) 2000m Row for time OR 60 cal Assault Bike for time.

Test 2) 3 RM Back Squat OR Max Wall Ball Reps in 1 min.

Test 3) Pull Ups. (These can be done in a band, kipping, strict... whatever you choose. They just need to be repeated the same way both times.)

You earn 5 points for doing the first test and another 5 points for redoing the test.

#### BODY COMPOSITION TESTING: (X Points)

3 Points for every pound of fat loss.

3 Points for every pound of muscle gain.

**Continue reading for more info on body composition testing**

#### WHEN & WHERE:

Mark Your Calendars

Official 8 Weeks - 9/18 - 11/11

Body Composition Test #1 (dated anytime after 9/11)

**\*Challenge Kick Off** - Sunday 9/18 @ 6:00pm (West LA or Zoom)

Fitness Testing Week - 9/19-9/24

Workshop #1 - Monday 9/19 @ 7:00pm (West LA or Zoom)

Workshop #2 - Saturday 10/1 @ 11:30am (West LA or Zoom)

Workshop #3 - Saturday 10/8 @ 11:30am (West LA or Zoom)

Workshop #4 - Saturday 10/22 @ 11:30am (West LA or Zoom)

Fitness Retest Week - 11/7-11/11

Body Composition Test #2 due anytime before Fri 11/11

Awards and After Party - Sun 11/13/22 2:00pm - Location TBA

\*If you plan to attend any workshops by Zoom the link will be posted on the FIT FOR FALL facebook page one hour before the workshop start time.

You can use any of the following Body Composition Testing facilities. You just need to submit your before and after results on or before 11/11.

\*\*Be advised. The fee for these tests are not included in the FIT FOR FALL registration fee.

DXA Scan - Body Spec - <https://www.bodyspec.com/>

Hydrostatic Weighing - <https://www.bodyfittestca.com/>

InBody Scan - Any NutriShop - <https://www.nutrishopusa.com/>

REGISTRATION: \$99

<https://fs22.formsite.com/LTkravmaga/FIT-FOR-FALL-CHALLENGE/index.html>