

ALL you NEED TO KNOW

about this 60 day challenge

THIS WILL BE THE MOST
REWARDING CHALLENGE
YET IN THE BELLE HUTT
COMMUNITY.

INFO

MARCH 21ST - MAY 19TH

BREAKDOWN

9 WEEKS
4 WORKOUTS A WEEK
510,000 STEPS IN TOTAL
2 LITRES OF WATER A DAY

THE AIM OF THE CHALLENGE

IMPROVE YOUR OVERALL FITNESS
FULL BODY SCULPT & STRENGTHEN
GET REAL, SUSTAINABLE RESULTS
BUILD LEAN MUSCLE
BECOME THE STRONGEST VERSION OF YOU
REALISE & ACHIEVE YOUR POTENTIAL
MAKE EXERCISE A HABIT

IT'S....

- **achievable**
- **rewarding**
- **challenging**
- **satisfying**
- **enjoyable**

and so much more...



= BONUS CLASS

You **do not** have to complete the bonus classes to complete the challenge. There will be a special prize opportunity for those that do.

WATER station

The water section has been designed to remind you to drink at least 2 litres of water a day. You can mark off a water drop each day when you have drunk at least 2 litres.

If you have any questions please do
not hesitate to email me

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KEY

CORE CLASS

Abs Blast
Controlled Core
Core Pilates

HIIT

Abs HIIT
Resisted HIIT
Sculpting HIIT

UBB

Ultimate Body Blast