

BUILD OR BURN

8 WEEK TRANSFORMATION

Join the movement



Here are some examples caption templates you can use to support your social media posting to promote the 8-Week Transformation:

- Are you ready to BUILD or BURN? Join our 8-Week Transformation! 8 weeks to achieve sustainable results, learn great lifting technique and feel your best! Join the Transformation: [insert website link]
 - 8 weeks to a stronger you! We've opened our Transformation intake for women who want to BUILD or BURN! Why should you join?
 - ✓ Be part of weekly coach-led FIIT30 & FIITMAX focus training sessions.
 - ✓ Receive a Transformation planner to track all your progress, weekly performance and a limited-edition challenge t-shirt upon entry.
 - ✓ Access an 8-week nutritionist-developed meal plan with custom meal options.
 - ✓ Receive supporting online educational content throughout your transformation via the Fernwood App.
 - ✓ Exclusive access to the Fernwood 8-Week Transformation Facebook group.
 - ✓ Go into the national prize draw to WIN 1 of 2 vouchers valued at \$3500! Join the challenge: [insert website link]
 - BUILD or BURN in just 8-Weeks! Join our 8-Week Transformation with 2x teams to choose from
 - 🏋️ BUILD: where the focal point is on bigger lifts, technique and building strength!
 - 🏃 BURN: where the basis is around better endurance, conditioning, and building strength!
 - o Get a limited-edition challenge t-shirt upon entry.
 - o Go in the draw to win an epic \$3500 prize pack!
- Join the transformation: [insert website link]

Meet our brand-new 8-Week Transformation! The 8-Week Transformation officially kicks off Monday, February 5!

- ✓ Get stronger, fitter and faster with weekly Transformation-specific FIIT30 & FIITMAX classes.
- ✓ Receive a transformation planner to track all your progress and weekly performance and a limited-edition t-shirt upon entry.
- ✓ Access a nutritionist-developed meal plan with custom meal options and supporting online educational content via the Fernwood App.
- ✓ Go in the draw to win 1 of 2 epic \$3500 prize packs.