



<b>29 Jan – 07 Feb</b> <i>(last week presale)</i>	<b>BEFORE - BODY SCANS and MEASUREMENTS</b>
<b>3 Feb</b>	<b>Opening Ceremony</b> – welcome, challenge packs given out, overview, members meet teams & leaders etc
<b>05 Feb – 10 Feb</b> <i>(challenge starts)</i>	<b>WEEK 1</b> - Bench press and deadlift testing will occur within the FIIT30/FIITMAX sessions
<b>26 Feb – 2 Mar</b>	<b>WEEK 4</b> - Bench press & deadlift re-testing will occur within the FIIT30/FIITMAX sessions
<b>4 Mar – 9 Mar</b>	<b>WEEK 5</b> - Squat & Bent Over Row testing will occur within the FIIT30/FIITMAX sessions
<b>25 Mar – 30 Mar</b> <i>(final week)</i>	<b>WEEK 8</b> - Squat & Bent Over Row re-testing will occur in the FIIT30/FIITMAX sessions
<b>28 Mar – 7 Apr</b>	<b>AFTER - BODY SCANS and MEASUREMENTS</b> <i>(2 weeks to complete week 8 data due to Easter Weekend)</i>
<b>Sat 6 April</b>	<b>FIIT30 Games!!</b>

<b>PRIOR:</b>	<b>DURING</b>	<b>AFTER</b>
<b>Opening Ceremony-</b> This can be an event, info night, t-shirt & planner delegation, or a group workout! A great time for members to meet their teams Build or Burn, and team leaders.  <b>"OPEN session / Fitness Testing"</b> - can be held before the challenge begins in your Opening Ceremony.	<b>Half-way check-in appointment</b> can be booked with Fernwood trainer/ PT  This keeps participants accountable and more likely to complete the 8 weeks.  Members who have been on 4-week programs or supplement packs may want to check in here as well.	<b>NB:</b> <u>Final day of the Transformation falls on Easter Sunday</u>  Make sure you <b>plan week 8 fitness testing</b> on another date (examples above)  <i>*Remember, the week 8 Fitness testing is separate from the FIIT30 Games.</i>  <b>FIIT30 GAMES EVENT!</b>

#### **FITNESS TESTING:**

<b>Cardio:</b>	1km for time run/ski/row
<b>Core:</b>	1-min sit-ups Plank for time
<b>Bodyweight:</b>	Push-ups: 1-min Bench- dips: 1 min TRX rows: 1-min Squat hold: for time
<b>Sit and reach test</b>	This can either be done with a sit and reach box measure device, OR line members feet up with a line/ weight/ edge and measure how far they can reach forward with their fingertips whilst 'folding' at the hips.
<b>Prone superman lift</b>	Participant's lay in a face down (prone) position and lift up their arms and legs to activate the posterior chain. This can be held for time, ideally keeping arms and legs straight.

#### **5 REP TESTING:**

**Build** - Barbell Bench Press: 5RM  
**Burn** - Barbell Bench Press: Max Reps  
**Build** – Barbell Deadlift: 5RM  
**Burn** – Barbell Deadlift: Max Reps  
**Build** – Barbell Bent Over Row: 5RM  
**Burn** – Barbell Bent Over Row: Max Reps  
**Build** – Barbell Back Squat: 5RM  
**Burn** – Barbell Back Squat: Max Reps

