

For sydney-siders tired of boring gyms, failed diets, and quick fixes

# Join The 6-Week Spring Shred Challenge That Gets You Fighting Fit — Guaranteed.

Shred fat, skyrocket your confidence, and learn real Muay Thai self-defense — all in just 6 weeks.

If you don't get results, you don't pay.

- ✓ Unlimited Muay Thai, Boxing & Wrestling classes for 6 weeks
- ✓ Personal coaching + weekly accountability check-ins
- ✓ Beginner-friendly training, no experience needed
- ✓ The Fighter's Guarantee: Get results or your money back
- ✓ Exclusive access to a private Challenge group — push, share, and grind alongside others chasing the same goal
- ✓ Lifetime access to The Strikers Lab community — a supportive, ego-free gym family that's with you every step of the way

👉 **[Apply Now – Join the 6-Week Spring Shred Challenge]**

*Launching now with limited spots in our first-ever challenge intake.*

## Sick of gyms, diets, and “fitness plans” that never stick?

Be honest with yourself — how many times have you started something and quit a few weeks later?

- You joined a big-box gym... but felt awkward, bored, and unmotivated.
- You tried a diet... only to bounce back as soon as “real life” got in the way.
- You downloaded workout apps or YouTube routines... but with no accountability, you fell off.

And the longer this cycle continues, the worse it gets:

- The weight doesn't just stay — it creeps up year after year.

- Your energy dips, your confidence takes a hit, and you stop recognising the person in the mirror.
- Some nights, you wonder if you'll ever break free of the rut.

That's why we created the **6-Week Spring Shred Challenge**. It's not a boring gym membership. It's not another "diet you'll hate." It's a **step-by-step transformation experience** where you'll:

- Burn fat and build real strength with Muay Thai, Boxing & Wrestling.
- Stay consistent with weekly accountability coaching.
- Train in a fun, safe, beginner-friendly environment.
- And walk out in 6 weeks with results you can see and confidence you can feel.

 **[Apply Now – Join the 6-Week Spring Shred Challenge]**

## **Real People. Real Results. Real Community.**

You don't have to take our word for it — here's what members at The Strikers Lab are already saying.



Excellent

The Strikers Lab Gym (Muay Thai, Kickboxing & Boxing)

4.8 ★★★★★

Based on 41 reviews

[See all reviews](#)

[review us on Google](#)



Tristan Uru  
7 months ago

★★★★★

If you're looking for a top-tier gym that combines cutting-edge equipment with expert coaching, look no further than Strikers Lab. From the moment you walk in, you can tell this place is designed for serious athletes. The



Tyrone Campbell  
7 months ago

★★★★★

Best gym ever I recommend going coach Franz knows his tuff



Wes S  
9 months ago

★★★★★

The Strikers Lab is a great place to lose some weight, learn some skills and make some mates. Franz has established a great gym that motivates all to work hard. Couldn't be happier with the classes, the coaches and



Dominic Ngen  
9 months ago

★★★★★

I've made a review before but it wasn't a serious review but more of a humorous review, Here is my honest and serious thought about the Strikers Lab Gym.

The coach Franz "Dirty" Sanchez was



Tyson  
10 months ago

★★★★★



FullForce Gym  
10 months ago

★★★★★

Awesome ppl / Awesome training. Definitely 100% good place to train.



Ewan Rogers  
10 months ago

★★★★★

The Strikers Lab gym is one of the most welcoming communities I have encountered. From the kind natured people who train there, to the elite coach Franz, the gym is as a whole one you will be sure to enjoy. Franz's



Sarosh Pereira  
10 months ago

★★★★★

W spot



OfficialStephenKovacs  
10 months ago

★★★★★

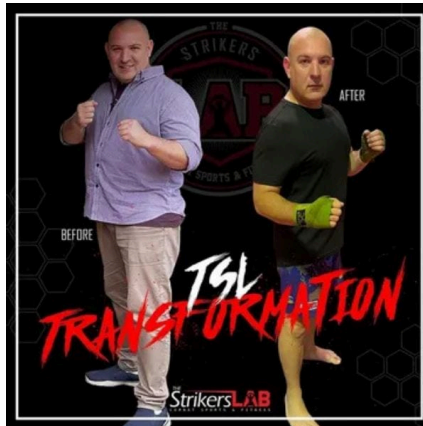
I joined The Strikers Lab after years of contemplating. I had been in to a few gyms and never felt welcomed or like they had time to even talk to you unless you were part of the "fight team". This place is different! Immediately welcome and the vibe is awesome. There are no egos here and just a passion to learn and be better every day. High quality training and everyone is treated equally so if you pick The Strikers Lab to train at you'll feel right at home.



Jennifer Nguyen  
10 months ago

★★★★★

I joined The Strikers Lab Gym this year, and training with Franz has been a game changer. He's created such a friendly and welcoming environment, but he's also firm and pushes you to reach your full potential.



Google Rating

4.8 ★ ★ ★ ★ ★

Based on 41 reviews

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# Why This Challenge Works (When Everything Else Has Failed You)

We've built the 6-Week Spring Shred Challenge to solve the exact reasons people quit gyms, diets, and "fitness plans."

- **Not just workouts — a proven system.** You'll follow a clear 6-week roadmap designed to burn fat, build confidence, and teach real skills.
- **Accountability built in.** Weekly weigh-ins and coach check-ins keep you on track (no more falling off after week two).
- **Beginner-friendly and safe.** You'll never get thrown into sparring or pressured to go beyond your level.
- **Results you can see and feel.** In just 6 weeks, you'll notice your body changing, your energy rising, and your confidence growing.
- **Risk-free commitment.** If you show up and don't get results, you get your money back.

Most gyms leave you on your own. We give you the coaching, structure, and community that keep you moving forward.

👉 **[Apply Now – Join the 6-Week Spring Shred Challenge]**

*"One of the most welcoming communities I've ever encountered. No egos, just passion." – Ewan R.*

## How the 6-Week Spring Shred Challenge Works

No guesswork. No random workouts. Just a simple, proven process you follow step by step.

1. **Join the challenge** – Take the first step toward your transformation.
2. **Set your goals** – Work with a coach to define realistic weight-loss & confidence targets.
3. **First weigh-in** – Establish your baseline and track your starting point.
4. **Unlimited training** – Join Muay Thai, Boxing & Wrestling classes as often as you like.
5. **Learn fight skills** – Build real striking & defensive techniques in a beginner-friendly environment.
6. **Weekly accountability** – Weigh-ins and check-ins keep you consistent and motivated.
7. **Hit your results** – Notice the changes in your body, mindset, and confidence.
8. **Win your money back** – Complete the challenge and your deposit is refunded or rolled into membership.

It's that simple. Follow the steps → get results → win.







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*"Immediately welcoming and the vibe is awesome. High quality training and support every step." – Stephen K.*






## Everything You Get Inside the 6-Week Spring Shred Challenge

Over \$1,500 of real value packed into one powerful transformation program.

### Core Program:

-  **6 Weeks of Unlimited Training** (Muay Thai, Boxing & Wrestling) – (Value: \$330)
-  **Weekly Accountability Coaching** (weigh-ins, check-ins, personal guidance) – (Value: \$199)
-  **Beginner-Friendly Training** – safe, supportive, and tailored to your level (Value: \$99)
-  **Exclusive Challenger Community** – a private group just for challengers to push, share, and grind together (Value: \$149)
-  **The Strikers Lab Family** – lifetime access to a welcoming, ego-free community that supports your journey (Value: \$149)
-  **The Fighter's Guarantee** – achieve results or you don't pay (Value: Priceless)

### Partner Perks:

-  **Exclusive Discounts on Nutrition Coaching** – work with trusted partners to dial in your diet (Value: \$75)
-  **Exclusive Discounts on Supplements** – fuel recovery and performance with pro-grade products (Value: \$75)
-  **Exclusive Discounts on Muay Thai Gear** – gloves, wraps, shin guards, and mouthguards (Value: \$100)
-  **Exclusive Discounts on Meal Prep Services** – stay on track with convenient, healthy meals (Value: \$75)
-  **Exclusive Discounts on Body Composition Scans** – track fat loss and muscle gain with precision (Value: \$75)

### Fast-Action Bonuses (First 15 Challengers Only):

-  **1x FREE 1:1 Private Lesson with Franz "Dirty" Sanchez** – hands-on coaching from the head coach himself (Value: \$150)

- 🎁 **FREE Strikers Lab Gym Merch** – represent the family with your own branded gear (Value: \$79)

⌚ **Only 15 spots available. Once they're gone, these bonuses disappear.**

Most gyms sell you access.

We deliver transformation, accountability, and results — with a guarantee to back it up.

👉 **[Apply Now – Join the 6-Week Spring Shred Challenge]**

*"A great place to lose weight, learn some skills, and make mates. Couldn't be happier." – Wes S.*

## **The Fighter's Guarantee: Train for 6 Weeks, Risk-Free**

If you show up, you win. Period.

Most gyms just take your money whether you show up or not. We're different.

We back the Spring Shred Challenge with The Fighter's Guarantee:

- **Show up consistently for 6 weeks** → you'll hit real progress in weight loss, strength, and confidence.
- **Prove you're all in** → we'll refund your deposit as your reward for completing the challenge.
- **Worst-case?** You trained hard, gained new skills, and built confidence that no one can take away.

No risk. No excuses. Just results.

👉 **[Apply Now – Join the 6-Week Spring Shred Challenge]**

*"Best gym ever. I recommend going — Coach Franz knows his stuff." – Tyrone C.*

## **Meet Franz "Dirty" Sanchez — The Heart of The Strikers Lab**





Franz "Dirty" Sanchez isn't just a coach — he's a fighter who's lived it. With over 20 years of Muay Thai and Kickboxing experience, Franz has competed, won, and learned what it truly takes to build resilience, discipline, and confidence.

Known for his toughness in the ring and his authenticity outside of it, Franz has developed a coaching style that's as much about personal growth as it is about technique.

When he founded The Strikers Lab, his goal was simple:

Create more than a gym. Build a **family**.

A place where beginners, busy adults, and even aspiring fighters could come together, support each other, and grow stronger — physically, mentally, and emotionally.

Today, The Strikers Lab is thriving because of that vision. Here, you're not just another membership number. You're part of a community that's got your back every step of the way.



👉 [Apply Now – Join the 6-Week Spring Shred Challenge]

*"Immediately welcoming and the vibe is awesome. High quality training and support every step." – Stephen K.*

## Why Our 6 Week Weight Loss Challenge Beats Gyms, Diets, and Fads

See how The Strikers Lab stacks up against the alternatives.

Feature	6-Week Spring Shred Challenge	Big Box Gym	Diet Plan	Online Workouts
Guaranteed Results	✅ Yes – or your money back	❌ No	❌ No	❌ No
Unlimited Classes	✅ Yes	✅ Sometimes	❌ No	✅ Yes
Accountability Coaching	✅ Weekly weigh-ins & check-ins	❌ No	❌ No	❌ No
Beginner-Friendly	✅ Safe, coach-led	❌ Often intimidating	❌ Restrictive	❌ No guidance
Community Support	✅ Welcoming & ego-free	❌ None	❌ None	❌ None
Real Skills Learned	✅ Self-defense & fight skills	❌ No	❌ No	❌ No

Most gyms give you a swipe card and leave you on your own. Diets restrict you but never stick. Workout apps keep you guessing with zero accountability.







The 6-Week Spring Shred Challenge combines **fitness, confidence, self-defense, and accountability** — all backed by a guarantee.

👉 [Apply Now – Join the 6-Week Spring Shred Challenge]

*"One of the most welcoming communities I've ever encountered. No egos, just passion." – Ewan R.*

## Who the 6-Week Spring Shred Challenge Is For

If you see yourself in any of these, this program was built for you.

-  **Adults who want to lose up to 6kg** in a safe, structured, and fun way.
-  **Beginners** who've tried gyms or diets but never stuck with them.
-  **Busy professionals** looking for stress relief, energy, and a confidence boost.
-  **Parents** who want to set a strong example for their kids while getting fitter themselves.
-  **Anyone craving real skills** — learn self-defense while transforming your body.
-  **Everyday people** who don't want to be fighters, but do want the confidence of one.






If you're tired of quick fixes and ready for a real change, this challenge is for you.

👉 [Apply Now – Join the 6-Week Spring Shred Challenge]

*"Best gym ever. I recommend going — Coach Franz knows his stuff." – Tyrone C.*

## Who This Challenge Is Not For

We're not here to waste your time — or ours. This program isn't for everyone.

-  People looking for a "quick fix" without putting in the effort.
-  Excuse-makers who say "I don't have time" but keep putting it off.
-  Anyone who wants boring workouts on treadmills and machines.
-  Ego-driven "tough guys" who think they know it all and don't want coaching.
-  Chronic quitters who join gyms and ghost after a week.

If that's you — no hard feelings, this isn't the right fit.

But if you're ready to put in the work and follow a proven system... this challenge could change everything.

👉 [Apply Now – Join the 6-Week Spring Shred Challenge]

*"A great place to lose weight, learn some skills, and make mates. Couldn't be happier." – Wes S.*

## Frequently Asked Questions

### Do I need experience?

Not at all. Most people who join are complete beginners. We start with fundamentals and progress at your pace.

### What if I'm unfit, older, or overweight?

That's exactly who this challenge is designed for. Classes are beginner-friendly and tailored to your fitness level.

### Will I get hurt?

Safety is our priority. Training is coach-led, with modifications for every level. You'll never be pushed into sparring or anything beyond your comfort zone.

### What if I don't have much time?

Our flexible timetable (morning, evening, and weekend classes) means even 2–3 sessions per week delivers results.

### How much weight will I lose?

Results vary, but most adults drop 3–6kg in 6 weeks. You'll also gain confidence, energy, and strength — which are just as valuable as the number on the scale.

### What if I don't hit my goals?

That's where the **Fighter's Guarantee** comes in. Show up and complete the challenge, and your deposit is refunded. Either way, you walk away fitter, stronger, and more confident.

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*"Immediately welcoming and the vibe is awesome. High quality training and support every step." – Stephen K.*

## Your Next 6 Weeks Could Change Everything

Think about it:

- Best case → You lose 5–10kg, gain unstoppable confidence, and feel fitter than you have in years.
- Worst case → You trained like a fighter for 6 weeks, built new skills, and got your money back.

Either way, you can't lose.

But here's the catch → we're only accepting **15 people** into this intake. Once the spots are filled, enrollment closes — and you'll have to wait for the next round.

Don't put this off another year. Don't spend another 6 weeks wishing you'd started.

 **[Apply Now – Start Your 6-Week Spring Shred Challenge]**

*"I joined this year, and training with Franz has been a game changer. Friendly, firm, and pushes you to your full potential." – Jennifer N.*