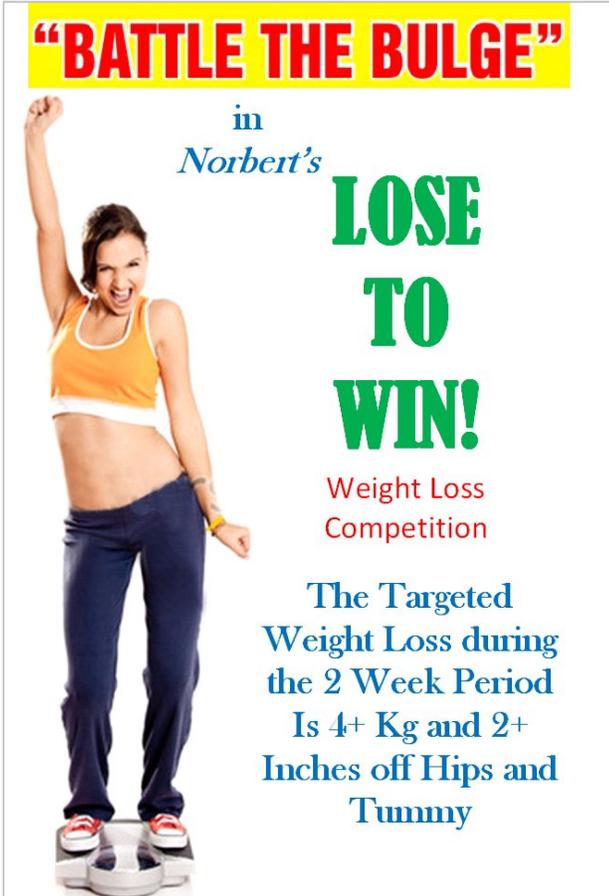


Norbert's fitness Studio

Whether you are looking to improve your health or fit into your dream dress, the **LOSE TO WIN!** Program is just what you need for a healthier, happier you.



“BATTLE THE BULGE”

in
Norbert's

**LOSE
TO
WIN!**

Weight Loss
Competition

The Targeted
Weight Loss during
the 2 Week Period
Is 4+ Kg and 2+
Inches off Hips and
Tummy

A woman in a yellow sports bra and blue leggings stands on a white scale, raising her right arm in a celebratory gesture.

JULY-AUGUST EVERY YEAR

Why LOSE TO WIN! is the ideal way to help you achieve the body you've always wanted:

-With this amazing program we incorporate total body circuits workouts which helps you to burn 500-850 calories in a single session.

The strength training circuits will build muscle and boost your metabolism and will help you to cut the flab faster

-As two of the biggest factors in weight loss are technique and motivation with 1-on-1 personalized sessions our experienced trainers will provide you with encouragement, inspiration and expertise you need as you work towards your weight loss and fitness goals.

-Get tips on eating right, meal planning and more to lose weight and become fit the healthier way.

-We help you stay motivated and firmly on the road to fitness with every 3 days weigh-ins

LOSE TO WIN! is a revolutionary weight loss programme created by Norbert D'souza The workouts are fun, challenging, interactive, playful and functional workouts suitable for all fitness levels. This fun circuit Training benefit beginner and intermediate participants alike, plus you interact with other participants, motivating each other the whole way. You'll keep coming back for more!

MEMBERS WHO ARE ALREADY ON A PROGRAM BUT WISH TO PARTICIPATE IN THIS PROGRAM WILL BE ENTITLED TO AN ADJUSTMENT IN THEIR CURRENT PROGRAM/ MEMBERSHIP

RULES AND REGULATIONS FOR PARTICIPANTS

1. Each Participant should be consistent in attending the workout program every day
2. If a Participant is unable to attend the day's workout due to unavoidable circumstances, he/she will have to kindly inform the Personal Trainer assigned to him/her as well as the Program Coordinator regarding his/her absence
3. Participant's weight will be noted every 3 days & a new Diet Plan provided to them
4. All Participants are requested to coordinate and cooperate with their Personal Trainer & Dietitian to ensure optimum results and smooth conduct of the Program
5. The training attire includes a clean pair of training shoes, a T-shirt and a track pant; also carry a (face) towel and a water bottle (optional)
6. Participants should work out within their capacity and comfort zone; dizziness or light headedness or any uneasy feeling while working out should be brought to the immediate notice of the Instructor
7. Consistency in attending and performing the Workout program and following the Diet will ensure you meet your target weight and inch loss
8. The Competition is held in the month of July-August every year