

# 8 WEEK CHALLENGE

**LOCATION:** Fight World – 3/138 Siganto Drive, Helensvale  
**FIRST LESSON:** Tuesday 20<sup>th</sup> April, 2021  
**FINAL LESSON:** Tuesday 15<sup>th</sup> April, 2021  
**FIGHT DAY:** Friday 18<sup>th</sup> April, 2021  
**COST:** \$999

## TRAINING EQUIPMENT

<b>Boxing</b>	16oz Gloves	<b>Muay Thai</b>	16oz Gloves
	Open Face Head Gear		Shin Pads
	Mouth Guard		Mouth Guard
	Hand Wraps		Hand Wraps
	Boxing Shorts		Muay Thai Shorts
	Challenger Singlet		Challenger Singlet

## WHAT IS INCLUDED

- ✓ 4 x Technique/Fitness Classes per week (32 classes in total)
- ✓ 1 x Strength Training Class per week (8 classes in total)
- ✓ 2 x Body Scans (One at the commencement of your Challenge and a second one on your last training session)
- ✓ Individual Meal Plan (Based on the findings from your initial Body Scan along with your goals)
- ✓ Training Equipment (Protective Equipment as listed above)
- ✓ Recovery Session (Wet Pools, Sauna & Compression Therapy) after 8 week training has been completed prior to Fight Night
- ✓ Motivational Coach
- ✓ Nutritional Advice & Guidance
- ✓ Personalised Diary to help you to stay accountable!
- ✓ Professional Photography & Videography of your Journey from start to finish!!

**All of this for only \$999 – And it's for CHARITY!!!**

## A BIT ABOUT THIS CHALLENGE

Have you ever wondered what it would be like to step into the ring and be the Fighter?

To walk down the stage and into the ring with your favorite song pumping, the lights flashing and the MC calling out your name? Your friends and family cheering out your name and applauding you? Is it something that you would like to tick off from your bucket list?

3 x 1.5 minute rounds – Fight Time separated by a 1 min break. That's only 4.5 minutes of hard work! Cornered by professional trainers! You have got this!!

Step into the world of a Fighter for 8 weeks and have a glimpse of the work that is put into their training, their nutrition and fitness along with the work of their trainers and their team mates. Fighting is never a one man sport.

Not only will you be provided with training in the technique that is required, you will also be provided with information, support & guidance for what you are fueling your body with for your training.

Do you want to lose weight?

Do you want to gain more knowledge in Food & Nutrition and what you are fueling your body with?

Do you want to get fit?

Do you need guidance throughout all of your training sessions?

Do you need to work with a team to get motivated?

Our 8 week challenge will provide you with all of this! Trainers that will be **PRESENT** for all of your sessions and on call for any of your concerns.

While learning how to fight you will also learn how to fuel your body based on the training you do and the lifestyle that you follow. Based on your goals for the challenge you will receive a meal plan structured to your dietary requirements.

You will receive Strength & Fitness training that will not only cater to strengthening the entire body, but also the areas that you can benefit more strength from for your fight.

You will receive all training equipment required for this challenge. This training equipment will also be used in your fight. (Groin Guards are a requirement but are not included in the package. They can be purchased for around \$15).

You will all receive a Diary to plan your 8 week Challenge & stay accountable for yourself each day! This will also help you to record your training sessions, meal plan, measurements, weight and even the odd homework task! Take notes from our Motivational Coaches and keep all of your information in one place.

You will receive a Body Scan on the commencement of the Challenge and a second scan for comparison at the end of your challenge.. This will be an amazing way to see your results of the hard work that you have put into your training and your nutrition.

On The week of the Fight Night you, your team and your coaches, will head down to the Recovery Centre for some well needed recovery time. This session will include the Wet Pools, Sauna and Compression Sessions.

Weigh in night will be run by a professional Referee in both Boxing & Muay Thai. They will discuss with all challengers the rules for the Fight Night. The do's and the don'ts and give you a run down on how they perform their job in the ring and protect the fighter's safety at all times. All information regarding your time in the ring will be explained to you during your Challenge as well as on the night of your weigh in.

You will receive Professional Photography/Videography of your Journey through the 8 week challenge including the night of your fight.

## **TRAINING TIMETABLE**

### **MUAY THAI/BOXING**

TUESDAY 5:00AM - 6:00AM

WEDNESDAY 5:00AM - 6:00AM

THURSDAY 5:00 - 6:00AM

### **STRENGTH & CONDITIONING**

FRIDAY 5:00AM - 6:00AM

### **SPARRING**

SATURDAY 8:00AM - 9:00AM

It is a requirement that Challengers attend all 5 sessions per week for optimum results.

Muay Thai & Boxing Sessions will be held at the same time, same location however will be run in separate classes.

Strength & Conditioning Classes will be combined.

Sparring is an ability for you to put what you have learnt that week together and in action.

## **TRAINERS**

### **Muay Thai**

Brandon Baresic - Active Professional Muay Thai Fighter, Current WKBF Australian Welterweight Champion.

Travis Beins - Professional Muay Thai Trainer with 30+ years Muay Thai experience.

### **Boxing**

Amy Cameron - Professional Boxing trainer that has previously had 56 boxing fights herself. Bachelor of exercise and sport science, Diploma in lifestyle excellence.

Johnny Isaacson - Current Amateur Boxer, Cert 3 & 4 in fitness, Level 1 in nutrition, Female specific training, Boxing for fitness.

### **Nutritionist & Strength Trainer**

Steve Jashan - Steve is a bodybuilder, Motivational Coach & Nutritionist.

Steve will be providing specific meal plans to all challengers. He will also be speaking with all challengers on a weekly basis and carrying out the Strength & Fitness Training Sessions with you.

Advanced level 2 in nutrition, Cert 3 & 4 in fitness.

Other nutritionists & dietitians will be involved in the advice and information provided so be prepared for an information overload!

## **THE JACK BEASLEY FOUNDATION**

The Jack Beasley foundation is a charity that was started by the parents of Jack Beasley who was a 17-year-old boy that's life was cut short from a senseless act of violence. One of the main drives behind the formation of the Jack Beasley Foundation is to formulate an education plan than can be rolled out to schools, sporting clubs and youth groups to educate today's young people of the dangers and long-term effect carrying a knife can be.

Most young people today don't realise the knock-on snowball effect that a simple spur of the moment decision to pull out a knife in an argument can have on not only the victim, family and their friends but also their own family, friends and their future.

Read more at [jackbeasleyfoundation.org](http://jackbeasleyfoundation.org)

**ALL TICKET SALES AND FUNDS FROM THE FIGHT NIGHT WILL BE DONATED TO THE JACK BEASLEY FOUNDATION TO HELP MAKE A CHANGE**

## **OTHER THINGS YOU MIGHT BE WONDERING ABOUT**

### **Weigh In**

Weigh in will be held the night before fight night at Fight World Gym. Thursday the 17<sup>th</sup> June 2021 – around 5-6pm.

### **Match ups**

Challengers will be matched based on their gender, skill level and weight. There will be no unfair mis matches.

### **Where the fight night is**

The fight night will be held at the Croation Sports Centre located in Carrara on Friday the 18<sup>th</sup> of June 2021. It will be a night time event starting at around 5-6pm.

### **Can tickets be purchased for this event**

Yes, Tickets can be purchased for your friends and family to come and watch. They will go on sale a few weeks into your challenge. Seats are limited as they must adhere to the Covid Safe Plan of the venue.

### **I have fought before; Can I join this Challenge**

Ideally no. However, it would depend on your training experience and where and when you competed. What sport you fought in would also apply to the outcome of this decision.

### **I want to do the Challenge but I don't think that I want to Fight**

This is ok. We understand that this is something that not everyone would like to do. You will still be able to attend the 8 week challenge, however you will miss out on the Weigh In and also the Fight Night. You can still buy a ticket to the event to come and support your team mates!

### **How old do I need to be to participate**

Minimum age requirement is 18 years.

**If there are any other questions, please feel free to ask us by sending us an email – [info@fightworld.com.au](mailto:info@fightworld.com.au)**