



WEEK CHALLENGE 3.0

INTRODUCTION WEEK COMMENCES 25/02/19

The Underground 8 Week Challenge adopts a progressive approach to strength and movement.

Our goal is to build robust and resilient individuals that are prepared both physically and mentally for the day to day challenges of life.

LEARN TO LIVE AND MOVE WELL.

**SECURE YOUR SPOT FOR \$49.00 AND TRAIN
FREE UNTIL THE START OF THE CHALLENGE AT**

>> theundergroundballarat.com.au/8-week-challenge

CHALLENGE TIMELINE

INTRO WEEK WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 WEEK 7 WEEK 8 DELOAD WEEK



25 FEB - 3 MAR 4-10 MAR 11-17 MAR 18-24 MAR 25-31 MAR 1-7 APR 8-14 APR 15-21 APR 22-28 APR 29 APR - 5 MAY

PROGRAM 1 >

LAYING THE FOUNDATIONS

REINFORCE NEW HABITS

< PROGRAM 2