



WEIGHT LOSS CHALLENGE

program overview

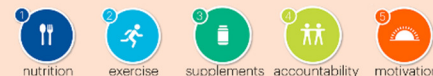
May 2014

1 Challenge Overview

For 4 weeks:

- Follow the M5 28-Day Weight Loss Challenge workout program
- Use the M5 Weight Loss Pack of supplements daily as outlined
- Go through the M5 Nutrition & Success Coaching programs
- Eliminate refined sugar, all soda, and all white flour products
- Report to your challenge team and be accountable

Your challenge is powered by the most complete fitness program available today, M5's FIVEology!



FIVEOLOGY™

2 Preparation

• Setup your M5 28-Day Weight Loss Challenge exercise calendar in your M5 Fitness club account

If you enrolled for the challenge online, you setup your calendar as part of your enrollment process. If you enrolled over the phone or had someone else enroll you in the challenge, you'll setup your calendar by going to the Program tab within your M5 Fitness Club, selecting the M5 28-Day Weight Loss Challenge workout program and then the day you want to start. Simple!

• Connect with your team in your M5 Fitness Club

If you don't know your team code, check with the person who introduced you to M5 Fitness. Being on a team helps keep you accountable and will make your challenge experience a lot more fun!

• Familiarize yourself with the supplements in your M5 Weight Loss Pack



3 Supplements

Your M5 Weight Loss Pack of supplements for the 28-Day Weight Loss Challenge



Pre-workout: elevates your workout for maximum calorie burning as well as increases energy and fat metabolism

Recovery: provides total-body recovery and reduces muscle loss for greater post-workout fat burning

Omega-3: helps the body to release fat stores as well as increases thermogenesis to burn fat

Daily Essentials: increases release of body's key fat-burning hormone and helps the body use its stored calories more effectively

Meal Replacement: helps increase nutrition while lowering calories and providing key nutrients necessary for an active lifestyle. Also keeps you feeling full and satisfied longer to reduce snacking.

4 Exercise Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise	--	Circuit Training	Core	Cardio	--	Circuit Training	Core
Nutrition Class	1 class	--	--	--	1 class	--	--
Success Coaching	1 course	--	--	--	1 course	--	--



5 Nutrition Guidelines

Daily Meal Guidelines

- Breakfast: **M5 Meal Replacement**
- Snack: **Veggie or Almonds**
- Lunch: **Protein + Complex Carb**
- Snack: **Veggie or Pistachios**
- Dinner: **Veggie + Protein**

Food Portion Guidelines

- Protein: **1 serving = 4-6 ounces**
- Vegetables: **1 serving = 1 cup or 2 cups of leafy greens**
- Complex Carbs: **1 serving = 1 slice of whole grain bread, 1/2 cup of cooked brown rice**

Water Intake Guidelines

Body weight (lbs) divided by 2:
= ounces of water you should consumer per day
(1 cup = 8oz)

During the 4-week Challenge eliminate: Refined sugar (in any form), all sodas and all white flour products.

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