



PROGRAM OVERVIEW

Are you ready to transform with Farrell's eXtreme Bodyshaping?

Check out what just a few of our members have to say!

"During my first ten weeks I saw some positive changes. I lost weight, body fat, increased my pushups, sit ups, and took some time off my mile. More important than my physical stats I learned that Farrell's wasn't your normal gym. I was hooked and had no reason not to keep with the program."

— John N.

FIT Member, Farrell's Omaha Northwest, NE



"Farrell's changed my life. I have developed new, incredible friendships. I have the confidence to share my love of fitness with other Farrell's members as an instructor. It keeps me dedicated. It keeps me grounded. And most importantly it allows me to be the fit mother and wife that I want to be for my boys and husband. It gives me so much more than the other gym I was a member of and for that I will be forever grateful."

— Jordan C.

FIT Member, Farrell's Cedar Rapids, IA

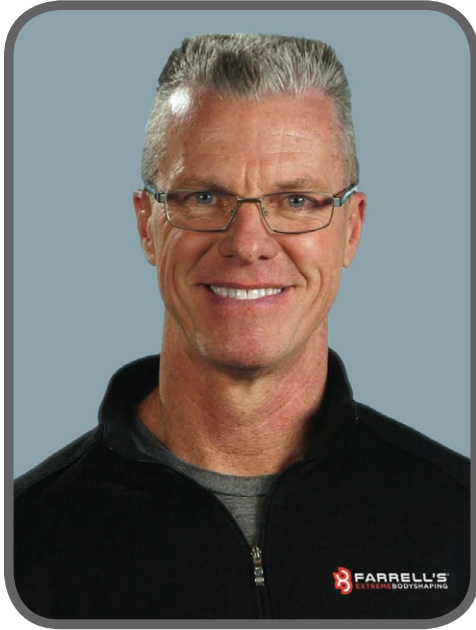
"Since stepping into Farrell's I am down over 50 lbs., 28.5 inches, and over six percent body fat lost. It has truly been an eye-opening experience. Farrell's is such a motivating atmosphere and the gym becomes your second family. There's always someone willing to push you and keep you on track."

— Leslie E.

FIT Member, Farrell's Bloomington, IL



About Farrell's eXtreme Bodyshaping



Actively involved in Taekwondo since the age of 18, Founder Lance Farrell has always had a passion for fitness and living a healthy lifestyle.

In 1989, he opened Farrell's U.S. Martial Arts in Des Moines, Iowa. Lance's love for martial arts and his interest in body builders and their training concepts is what led to the development of the Farrell's eXtreme Bodyshaping® program.

Farrell's mission is simple: To inspire you to live with power and purpose.

Lance developed Farrell's eXtreme Bodyshaping in Des Moines, Iowa in 2001 with 40 members. He has since organically grown Farrell's to over 65 locations across 10 states with over 100,000 members who have taken the 10-week challenge..



What Is Farrell's eXtreme Bodyshaping?

We are not your typical gym. We are not a boot camp. We are a comprehensive, group fitness program for members of every age, fitness level, and walk of life looking to make a positive change in their health and wellness.

We keep it simple.



Fitness Kickboxing

Our High Interval Intensity Training (HIIT) style of fitness kickboxing is second to none. It's the most fun you'll have in a 45-minute cardio workout helping you burn fat. You'll develop kickboxing skills on the heavy bag that will build bone density, develop better hand-eye coordination, and even aid in self-defense.



Strength Training

Our structured strength training classes will help you build strong, lean muscles in a safe and fun environment. We focus on muscle isolation, which tones and builds lean mass. You will be pushed to your limits with instructor-lead classes through a rotating 10-week curriculum of upper and lower body exercises to provide muscle confusion.



Nutrition Guidance

Eating to fuel your body for maximum performance and fat burning is not hard. The challenge is creating new habits that work. Our coaches will help you understand how to best fuel your body so you can increase your energy, stamina, and strength. You'll learn simple, healthy habits you can use for the rest of your life.



Personal Coaches

Our performance improves when we are held accountable. Our coaches will hold you accountable for attending classes, trying your best, and following the nutrition plan. They will motivate you in a healthy, positive way. Your coach truly understands your struggles. They started where you're starting.



Certified Instructors

Our instructors begin as students and are hand picked by each Head Coach to train to become a Farrell's instructor. Our Instructor certification process and ongoing educational workshops assure that our instructors are the best. You will enjoy professionally-lead classes by our experienced and motivational team.



Heart-Rate Tracking

We've been helping people achieve consistent results for more than 15 years. We use MYZONE MZ-3 activity belts to track heart rate and exercise effort in real time. MYZONE allows you to track your workouts, connect with other members, and participate in fun team challenges. Our instructors use this technology to adjust class tempo and intensity for optimum results.



Community

When you join Farrell's, you become a part of our "Farrell's family." Each member, coach, instructor, manager, and owner cares about you and your success. Our group classes offer support, accountability, and encouragement.

What You Can Expect

Our proven program is designed specifically to get you results and to teach you how to live a healthy lifestyle.

From 10-week orientation and beyond, we help you each step of the way in becoming a healthier, happier you.



Fitness Evaluations

Along with our heart-rate monitoring system, we also administer three fitness evaluations. You'll know exactly how much you've transformed in several areas including strength, endurance, flexibility, body fat, and body measurements during the course of the program. If you follow the program you will get results. Guaranteed.



\$1,000 Contest

Each Farrell's location gives a \$1,000 prize - every session! Our \$1,000 Contest is a little extra motivation for our students to push themselves to live Life at Level 10®. The person with the biggest transformation over the session receives the prize.



Results Guaranteed

If you attend classes and follow the nutrition plan you will see great results. If you don't see improvement in the fitness tests we administer during your 10-weeks we will refund every penny. Contact your home location for more details.



Farrell's Infinite Transformation

After you've completed your initial 10-week challenge you'll be invited to continue your fitness journey with our Farrell's FIT program. We offer fun FIT-only challenges that keep you reaching your fitness goals.

National Challenge



It's paramount to have goals. Our National Challenge is offered to all FIT members after they complete their first 10-week challenge. The male and female across all Farrell's locations who have the biggest transformation over the course of 12 months are each awarded \$10,000.

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