



Live Fit Life

Transformation Challenge - If not Now, then never

What is your excuse for not being able to achieve your transformation. ?

Festivals, Family Functions, Weekend Travel, Short Vacations, Long Vacations, Auspicious Days, Birthday Parties, Night shifts, Unplanned Meeting, Business Travel, Hectic Work Schedule.

If this is the reason why you are not able to achieve that fit and healthy body, then you are in the right place to transform yourself.

This is an exclusive transformation challenge created for the people who need right guidance on how to start the transformation journey mentally and physically , and be consistent throughout the journey.

Our system will help you stay organized and get you away from all the excuses you have been giving to yourself for why you have not been to achieve the result.

How to Join this Transformation Challenge

- Click this registration form link and complete it - <https://zfrmz.in/YmLPic6dZoxW4Aix4eP2>
- Wait for Thursday Challenge → This is the entry zone for you to get into the challenge.
- Once the challenge is posted – Perform the challenge and post it in the group with the below message.

Team name – (in case if you are referred by someone who is already in the one of the team).
Challenge Accepted.
Ready for the Transformation.)

After this post, Our admin will approve your application and will assign you in a Team. (you will be in the same team of your referral- in case)



Pre-requisites (You need to complete this before 28 th of the month)

→ Day 1 - Stamina Test –

Go for maximum Running distance and post the screenshot)use Nike Running app to track your running take a screenshot) (The screenshot should have distance, speed and pace)

→ Day 2 - Strength test –

Pushups, Wall sit, Plank, Pike Pushups, reverse plank) – Do all these exercise at your best level and post it. See the reference here. – Check the reference here -

<https://www.facebook.com/groups/livefitlife/permalink/3598407740448319/>

→ Day 3 - Flexibility test

(Leg, Spine, Shoulder) - Do all these exercise at your best level and post it. See the reference here. – Check the reference here -

<https://www.facebook.com/groups/livefitlife/permalink/3597217927233967/>

→ Day 4 –

If you are already doing weight training then share your statistics of how much weight you can do for 6 reps on each of these exercise - Weight Training Test – (Bench , Squats, Deadlift, Pullups, Military Press)

→ Day 5

Calculate your Calories and share in the group for validation. Our Team will check the calories calculation and suggest you accordingly.

Check page no 31 in my book for reference to create a diet chart for you.

<https://www.facebook.com/groups/livefitlife/permalink/3598041487151611/>

Leaderboard Score Calculation

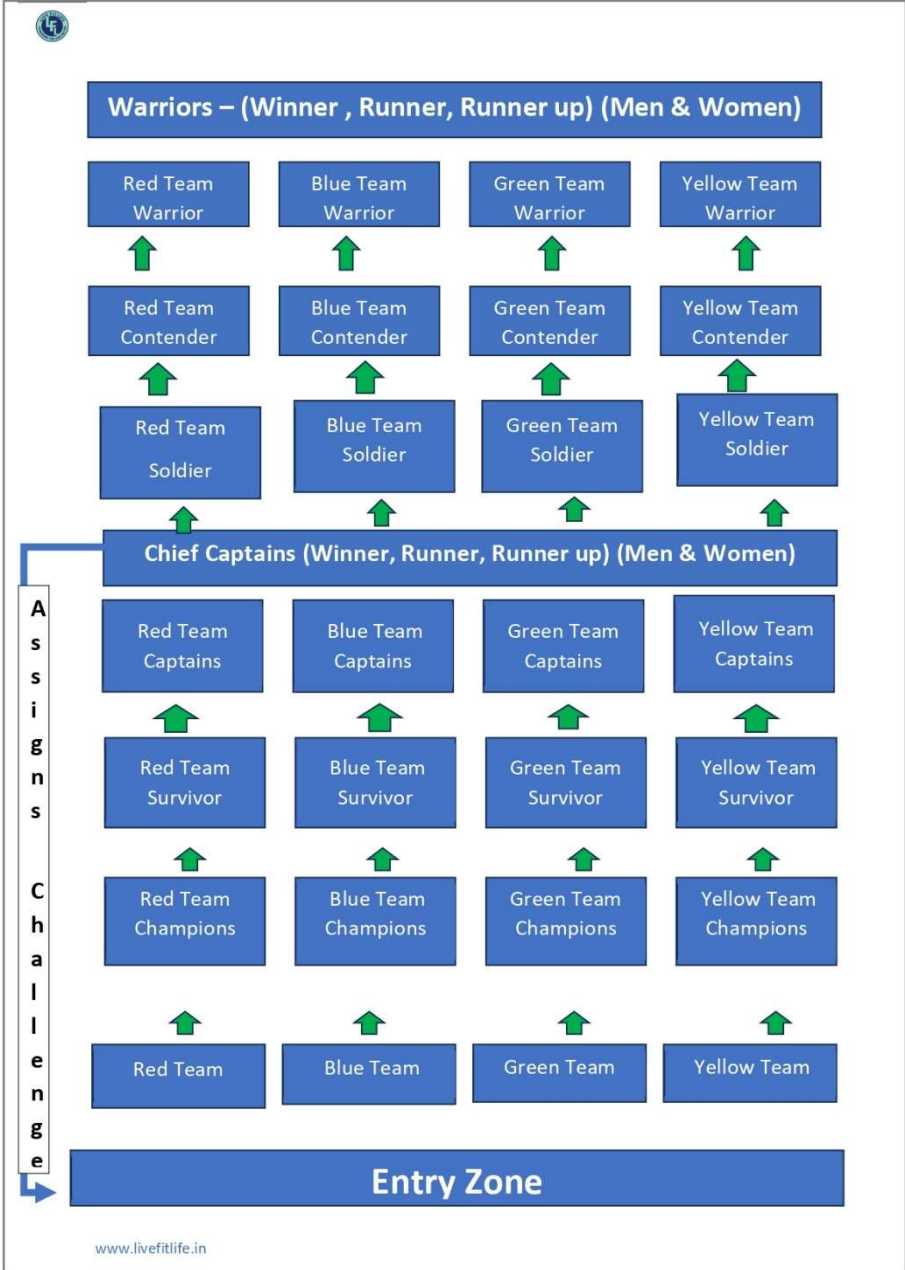
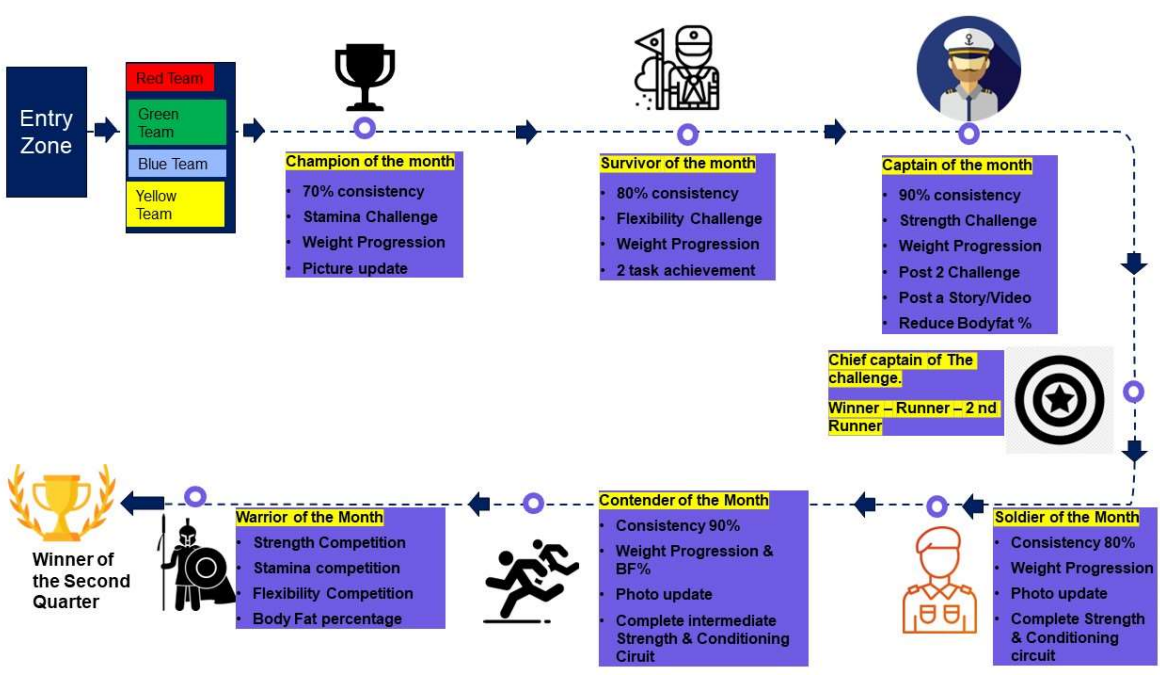
- Your regular workout consistency and Fitness improvement is the key for your best result. So we calculate your consistency and challenge participation for the scoring.
- Whenever you are exercising, you need to update your workout in our support system like this. Watch the Video for reference.

<https://www.facebook.com/groups/livefitlife/permalink/3601345453487881/>

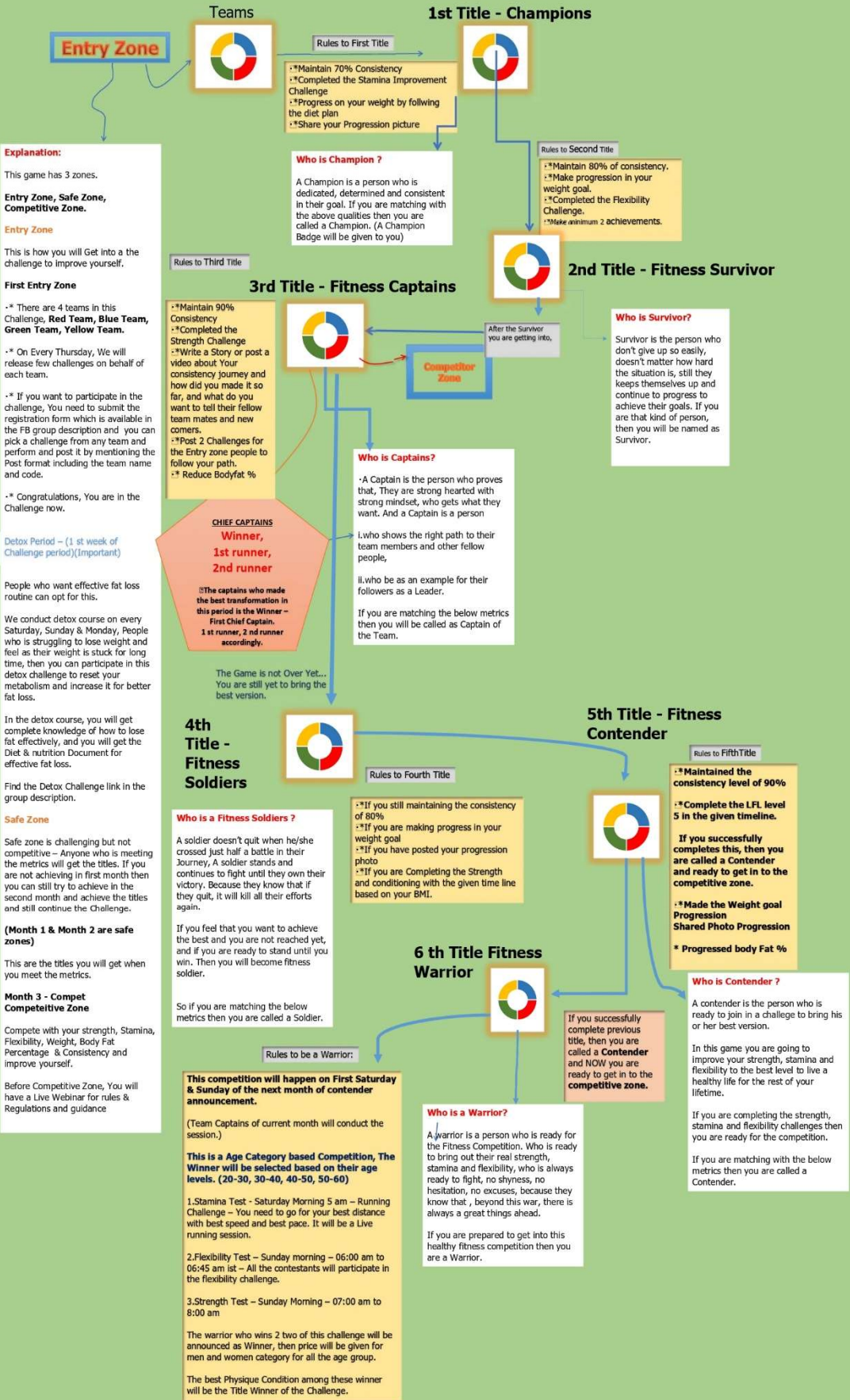
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- **Whenever you are participating in the challenges you need to upload the video for calculation.**
- **Based on this score we will show your progression in the leaderboard . and you will be given a name associated to your progression, as like below.**



Fitness Game that going to make you interesting to improve your fitness level and achieve the desired fit and healthy lifestyle. You need to have patience to know the rules and procedure to achieve the Title Winner.



Explanation:
This game has 3 zones.
Entry Zone, Safe Zone, Competitive Zone.
Entry Zone
This is how you will get into the challenge to improve yourself.

First Entry Zone
- * There are 4 teams in this challenge, **Red Team, Blue Team, Green Team, Yellow Team.**
- * On Every Thursday, We will release few challenges on behalf of each team.
- * If you want to participate in the challenge, You need to submit the registration form which is available in the FB group description and you can pick a challenge from any team and perform and post it by mentioning the Post format including the team name and code.
- * Congratulations, You are in the Challenge now.

Detox Period – (1 st week of Challenge period)(Important)
People who want effective fat loss routine can opt for this.
We conduct detox course on every Saturday, Sunday & Monday, People who is struggling to lose weight and feel as their weight is stuck for long time, then you can participate in this detox challenge to reset your metabolism and increase it for better fat loss.

In the detox course, you will get complete knowledge of how to lose fat effectively, and you will get the Diet & nutrition Document for effective fat loss.
Find the Detox Challenge link in the group description.

Safe Zone
Safe zone is challenging but not competitive – Anyone who is meeting the metrics will get the titles. If you are not achieving in first month then you can still try to achieve in the second month and achieve the titles and still continue the Challenge.

(Month 1 & Month 2 are safe zones)
This are the titles you will get when you meet the metrics.

Month 3 - Competitve Zone
Compete with your strength, Stamina, Flexibility, Weight, Body Fat Percentage & Consistency and improve yourself.

Before Competitive Zone, You will have a Live Webinar for rules & Regulations and guidance

Teams
Rules to First Title
- *Maintain 70% Consistency
- *Completed the Stamina Improvement Challenge
- *Progress on your weight by following the diet plan
- *Share your Progression picture

Who is Champion ?
A Champion is a person who is dedicated, determined and consistent in their goal. If you are matching with the above qualities then you are called a Champion. (A Champion Badge will be given to you)

Rules to Second Title
- *Maintain 80% of consistency,
- *Make progression in your weight goal.
- *Completed the Flexibility Challenge.
- *Make minimum 2 achievements.

Rules to Third Title
- *Maintain 90% Consistency
- *Completed the Strength Challenge
- *Write a Story or post a video about Your consistency journey and how did you made it so far, and what do you want to tell their fellow team mates and new comers.
- *Post 2 Challenges for the Entry zone people to follow your path.
- * Reduce Bodyfat %

Who is Captains?
- A Captain is the person who proves that, They are strong hearted with strong mindset, who gets what they want. And a Captain is a person
i.who shows the right path to their team members and other fellow people,
ii.who be as an example for their followers as a Leader.
If you are matching the below metrics then you will be called as Captain of the Team.

CHIEF CAPTAINS
Winner, 1st runner, 2nd runner
The captains who made the best transformation in this period is the Winner – First Chief Captain. 1st runner, 2nd runner accordingly.
The Game is not Over Yet... You are still yet to bring the best version.

Rules to Fourth Title
Who is a Fitness Soldiers ?
A soldier doesn't quit when he/she crossed just half a battle in their Journey. A soldier stands and continues to fight until they own their victory. Because they know that if they quit, it will kill all their efforts again.
If you feel that you want to achieve the best and you are not reached yet, and if you are ready to stand until you win. Then you will become fitness soldier.
So if you are matching the below metrics then you are called a Soldier.

Rules to be a Warrior:
This competition will happen on First Saturday & Sunday of the next month of contender announcement.
(Team Captains of current month will conduct the session.)
This is a Age Category based Competition, The Winner will be selected based on their age levels. (20-30, 30-40, 40-50, 50-60)
1. Stamina Test - Saturday Morning 5 am – Running Challenge – You need to go for your best distance with best speed and best pace. It will be a Live running session.
2. Flexibility Test – Sunday morning – 06:00 am to 06:45 am ist – All the contestants will participate in the flexibility challenge.
3. Strength Test – Sunday Morning – 07:00 am to 8:00 am
The warrior who wins 2 two of this challenge will be announced as Winner, then price will be given for men and women category for all the age group.
The best Physique Condition among these winner will be the Title Winner of the Challenge.

1st Title - Champions
Rules to Second Title
- *Maintain 80% of consistency,
- *Make progression in your weight goal.
- *Completed the Flexibility Challenge.
- *Make minimum 2 achievements.

Who is Survivor?
Survivor is the person who don't give up so easily, doesn't matter how hard the situation is, still they keeps themselves up and continue to progress to achieve their goals. If you are that kind of person, then you will be named as Survivor.

2nd Title - Fitness Survivor
After the Survivor you are getting into,

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If you are matching the below metrics then you will be called as Captain of the Team.

CHIEF CAPTAINS
Winner, 1st runner, 2nd runner
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Rules to Fifth Title
- *Maintained the consistency level of 90%
- *Complete the LFL level 5 in the given timeline.
If you successfully completes this, then you are called a Contender and ready to get in to the competitive zone.
- *Made the Weight goal Progression Shared Photo Progression
- * Progressed body Fat %

Who is Contender ?
A contender is the person who is ready to join in a challenge to bring his or her best version.
In this game you are going to improve your strength, stamina and flexibility to the best level to live a healthy life for the rest of your lifetime.
If you are completing the strength, stamina and flexibility challenges then you are ready for the competition.
If you are matching with the below metrics then you are called a Contender.

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(Team Captains of current month will conduct the session.)
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The best Physique Condition among these winner will be the Title Winner of the Challenge.

Who is a Warrior?
A warrior is a person who is ready for the Fitness Competition. Who is ready to bring out their real strength, stamina and flexibility, who is always ready to fight, no shyness, no hesitation, no excuses, because they know that , beyond this war, there is always a great things ahead.
If you are prepared to get into this healthy fitness competition then you are a Warrior.



All the best for Your Transformation