IRCONZ5 CHANGEYOURGAME.







SEPTEMBER 7TH - OCTOBER 21ST

Welcome to the ISI® ELITE TRAINING IRON45 Challenge. It's time to change your game by challenging yourself physically, nutritionally, and mentally. During IRON45, you'll be challenged to introduce new habits into your everyday life. Use the trackers here or on Instagram to keep yourself accountable.

PHYSICAL 1

24 IN 45. We challenge you to complete 24 sessions in 45 days, a minimum of 4 workouts each week. This habit will make fitness a bigger part of your life and keep you working on your fitness goals.

Bonus: Take an Inbody scan at the beginning of the challenge at the end. Trust us, the results will blow your mind. It's your journey - enjoy it!

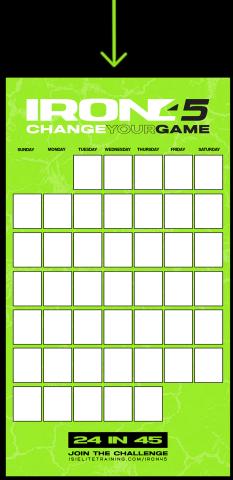
NUTRITIONAL 2

STACK YOUR NUTRITION. Throughout the challenge, you'll stack new nutrition habits, allowing for optimal performance during your workouts and adding to your results.



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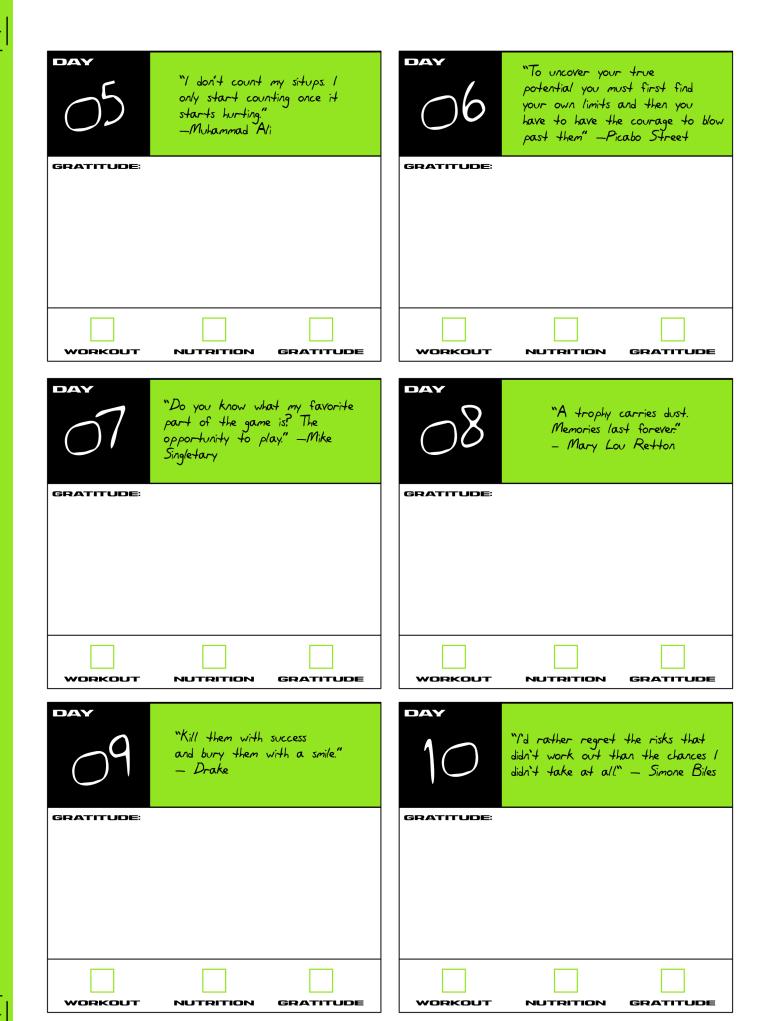
GET MOTIVATED! A big part of reaching your goals is in your mental fitness. Each day, we challenge you to sit with gratitude and record one thing you're grateful for. At the end of **IRON45**, you'll have 45 moments of gratitude.



CLICK HERE TO SCREENSHOT THE PICTURE ABOVE. THEN USE TO SHARE AND TRACK YOUR WORKOUTS ON YOUR IG STORY!

KEEPTRACK

DAY	Never say never, because limits, like fears, are often just an illusion — Michael Jordan	DAY	Success is not an accident, success is actually a choice. Take the big shot and all that. To excel at the highest level – or any level, really – you need to believe in yourself. — Steph Curry
GRATITUDE:		GRATITUDE:	
WORKOUT	NUTRITION GRATITUDE	WORKOUT	NUTRITION GRATITUDE
ВАУ 3	Imagine if you drank water as often as you checked your feed.	DAY O'H	"It's going to be a journey. It's not a sprint to get in shape." —Kerri Walsh Jennings
DAY GRATITUDE:	as often as you checked your	GRATITUDE	"It's going to be a journey. It's not a sprint to get in shape." —Kerri Walsh Jennings

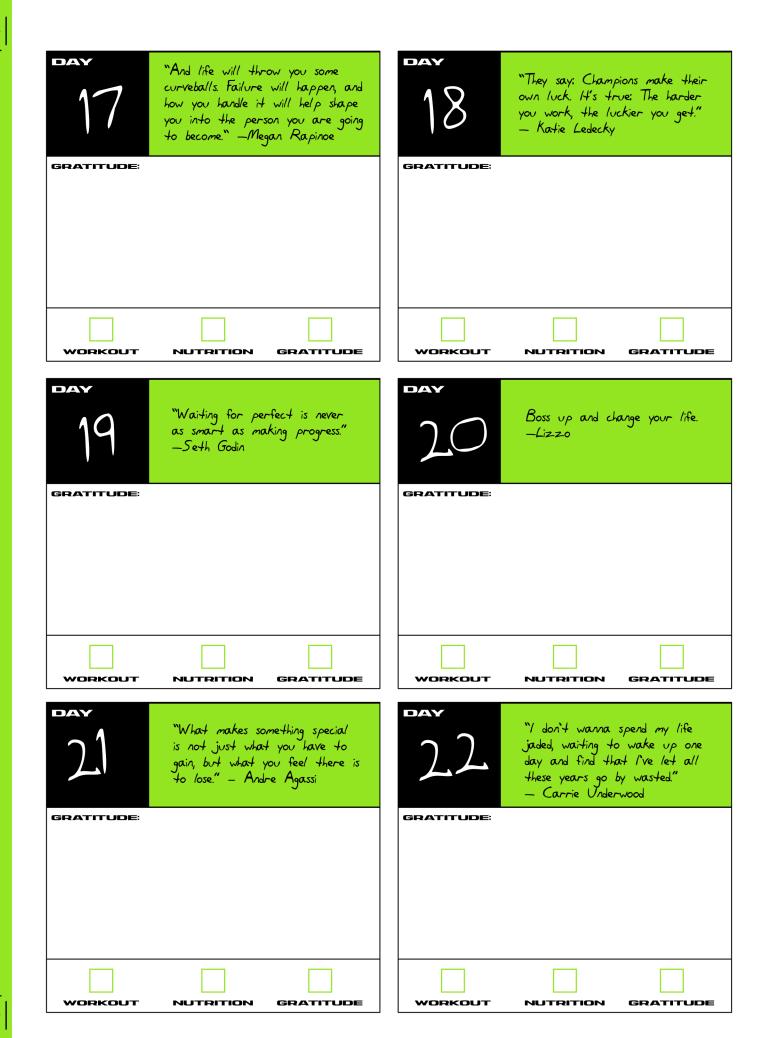




Start where you are. Use what you have. Do what you can.	"I'm a big fan of doing what you are really bad at. A lot."—Shaun White
GRATITUDE:	GRATITUDE:
WORKOUT NUTRITION GRATITUDE	WORKOUT NUTRITION GRATITUDE
"You just gotta keep going and fighting for everything, and one day you'll get to where you want." - Naomi Osaka	"Success isn't owned. It's leased and rent is due every day." —JJ Watt
GRATITUDE:	GRATITUDE:
WORKOUT NUTRITION GRATITUDE	WORKOUT NUTRITION GRATITUDE
"Good players create opportunities. The great players and the great people seize them"—Mia Hamm	"It's not always about the results, it's about the journey." — Rory Mcilroy
GRATITUDE:	GRATITUDE:
WORKOUT NUTRITION GRATITUDE	WORKOUT NUTRITION GRATITUDE



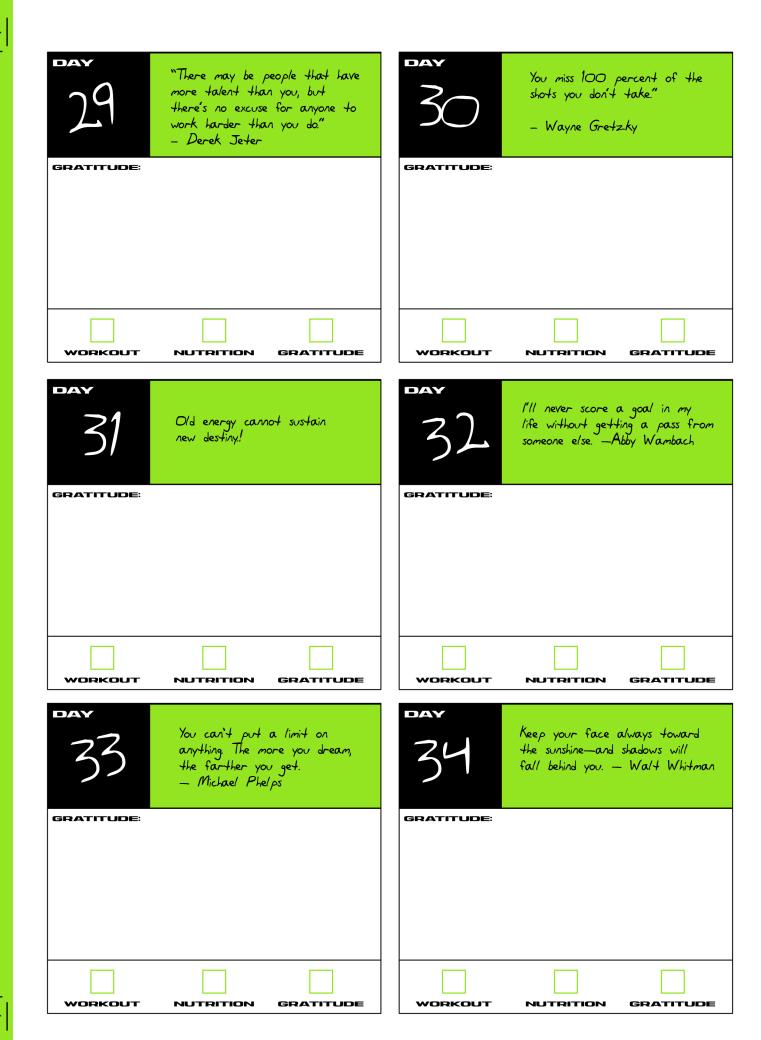






23	When I get where I'm going, there'll be only happy tears. — Brad Paisley	24	The way to get started is to guit talking and begin doing. —Walt Disney
GRATITUDE:		GRATITUDE:	
WORKOUT	NUTRITION GRATITUDE	WORKOUT	NUTRITION GRATITUDE
25	14's not whether you get knocked down; it's whether you get up" - Vince Lombardi	26	Haters are a good problem to have. Nobody hates the good ones. They hate the great ones — Kobe Bryant
GRATITUDE		GRATITUDE:	
WORKOUT	NUTRITION GRATITUDE	WORKOUT	NUTRITION GRATITUDE
DAY		DAY	
27	"The only person who can stop you from reaching your goals is you."— Jackie Joyner—Kersee	28	"The only way to prove you are a good sport is to lose." - Ernie Banks
GRATITUDE:		GRATITUDE:	







"Champions keep playing until they get it right." - Billie Jean King GRATITUDE:	"There are two things you can do. Prove them right, or you can prove them wrong." —Julian Edelman GRATITUDE:
WORKOUT NUTRITION GRATITUDE	WORKOUT NUTRITION GRATITUDE
37 "It's hard to beat a person who never gives up" - Babe Ruth GRATITUDE:	"You have to expect things of yourself before you can do them." - Michael Jordan GRATITUDE:
WORKOUT NUTRITION GRATITUDE	WORKOUT NUTRITION GRATITUDE
"When you've got something to prove, there's nothing greater than a challenge." - Terry Bradshaw GRATITUDE:	"There is always going to be a reason why you can't do something; your job is to constantly look for the reasons why you can achieve your dreams." - Shannon Miller GRATITUDE:







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GAME CHANGER.



PRESENT THIS COUPON TO FRONT DESK FOR

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