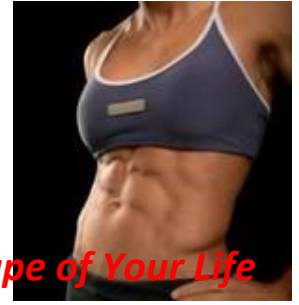
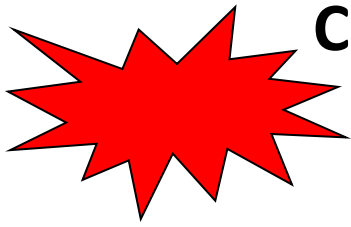


~ 12-Week Advanced *Best Shape of Your Life* ~ Challenge!



Thank You for your interest in the *12-Week Advanced Best Shape of Your Life Challenge!*

What is it?

'The ADVANCED Best Shape of Your Life' Challenge is my 12-week process for getting you in the best shape of your life! As a trainer, nutritionist and fitness competitor, I want to pass on to you everything I know about getting into awesome shape...and staying there!

For less than a cup of coffee a day, you'll be in the Best Shape of your Life 12 weeks from now...I'll show you how!

Can Anyone Do It?

If you've been training consistently with weights for one full year, you can do this program! *This program is for the serious woman wanting serious results!* I pull out all my competition secrets here! **You ready!**



How Do I Get Started?

- 1) Pay the **one-time** initiation fee. Have access to a **computer** and email.
- 2) Have a full **gym** to train in (this program is not an at-home program...no great body was ever built at home!)
- 3) **Pay the remaining fee** *one week prior* to start-up by purchasing the Healthy Living Program. (A valid credit card is required, and concludes the remaining fee portion of the Challenge, spread out over 3 equal payments. Instructions on how to do so will follow.

Measuring Success: Like my 10 -Week Challenge, you'll also be required to take body weight and measurements (I'll show you how) and track them in Weeks 1 and 12. I also recommend taking beginning and end photos. You'll need a food journal, food scale, calorie and carb counting book too.

How Does it Work?

You will check Your Email Friday evenings: There will be an email waiting for you that will summarize the week's lesson for you, and then direct you to your Week's page, where you put in that week's *password*. Here, you'll find everything you'll need – articles, videos and workout cards.

What We'll Look at!

Training: You'll be required to hit the gym, any gym, at least 3 times a week. This may increase to 4 times near the end of the Challenge.

Nutrition: Stick to the eating plans! NO EXCUSES! We will have cheat meals and cheat days, and we'll still be able to enjoy a glass of wine! But I will be strict! This is all about consistency and focus!

Email: You can also access me via email at any time. I'm always available!

Weekly Tele-Coaching Calls: To keep you on track and to get your questions answered!

NEW!! ONE ON ONE COACHING CALLS with Karen! Valued at \$70 and FREE to Challengers!

YouTube, Facebook and Twitter: I use whatever I can to keep you supported! Valuable on-going training, eating and lifestyle tips too!

Each Week Includes:

- 1) **Exercise Video** and **workout card** (*the workouts will change every few weeks*)
- 2) **Nutrition Articles** - (*to help clean you out, lose the weight and build lean muscle*)
- 3) **Support Articles** – (*different every week, and will help you progress with success!*)
- 4) **Tele - Coaching Call** (no long distance charges!)

Example: Week 1: Building the Machine!

In this phase we get you back on track and get that awesome body of yours back up to the starting gate (my starting gate, which is likely different than what you've been doing!). We re-visit the basic principles of clean eating and compound movements, and we *get our brain back on board*. Grab your *Warrior Woman Workout Card*, download your Nutrition and Support Articles and let's start building lean, shapely muscle together!

Example: Week 2: Boosting Your Metabolism and Melting the Fat!

In Phase 2, we tighten our technique, up the intensity and add in cardio. We also look at the basics of protein, how much and when, and we look in detail at supplements – both pre and post workout – and some effective fat-burners as well. We also learn to harness the awesome power of carbs as we taper, zig zag and funnel our carbs in various ways to start losing the weight and etching our muscles.

Weeks 3 through 12 will build progressively on each previous week. As we move through, the info will be more targeted and your workouts will intensify. We'll also look at advanced nutrition and training techniques that only competitors know, and of course we will build our mental and spiritual muscles too, as per my BLISS training method!



Some High Points:

- **Final Dinner:** Our final outing where we go out and celebrate all our hard work!
- **Some Prizes** for those special Challengers who worked their buns off!

Are You Ready to Take it to the TOP???
Are You Ready to Create the Body of your Dreams?
Are You Ready to Stand Apart from the Crowd??



The Challenge runs 2x per year, spring and fall.
Please [click here](#) to see when the next one is going!
Limited registrants (10 seats only).

[SIGN UP TODAY!](#)



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*Provincial fitness champ, mother, writer,
motivational speaker, author, nutritionist, trainer.*

Join us!
And Be the Best YOU you can Be!

McCoy Fitness

~ Building great bodies one rep at a time!