

LEVEL UP

**THE ULTIMATE TAILORED PROGRAM
BACKED BY OVER 10 YEARS OF SUCCESSFUL BODY TRANSFORMATIONS**



LEVEL UP PROGRAM

- ✗ 5 WEEK, 8 WEEK AND 12 WEEK PROGRAM
- ✗ LEVEL UP ENABLES CHOICE FOR MEMBERS, WITH THE OPTION TO FOCUS ON PERFORMANCE AND/OR BODY COMPOSITION.
- ✗ AT THE BEGINNING AND END OF LEVEL UP, YOU WILL UNDERGO A BODY COMPOSITION ANALYSIS, AND WE WILL TAKE BEFORE AND AFTER PICTURES TO MEASURE THE ACCURACY OF YOUR RESULTS.
- ✗ CHOOSE FROM OUR: “DO IT YOURSELF” REV X NUTRITION SYSTEM, “DONE WITH YOU” MACROS WITH OUR IN-HOUSE MACROS COACH (OPTIONAL INDIVIDUAL COACHING AVAILABLE, FURTHER FEES MAY APPLY) OR OUR “DONE FOR YOU” MEAL PREP SERVICE AVAILABLE THROUGH MAVERICK MEALS (ADDITIONAL FEES APPLY).
- ✗ WEEKLY \$250 CASH PRIZE UP FOR GRABS FOR STAR OF THE WEEK - AWARDED ON MERIT FOR EFFORT & PERFORMANCE IN TRAINING, ADHERING TO THE REV X RULES (READ ON) AS WELL AS COMMITMENT TO THE PROGRAM (TRAINING, NUTRITION ETC).
- ✗ WEEKLY CHECK INS ON MONDAY (20 MINUTES PRIOR TO YOUR SESSION), PLUS ACCOUNTABILITY BOARD, AND A DESIGNATED ACCOUNTABILITY COACH. THIS COACH WILL BE CHECKING IN WITH YOU THROUGHOUT THE CHALLENGE TO ENSURE YOU ARE ON TRACK. *COMPLETED VIA OUR ONLINE PLATFORM FOR THOSE PARTICIPATING REMOTELY
- ✗ ACCESS TO A MOBILITY ROOM.
- ✗ **\$2,250 IN PRIZE WINNINGS TO BE AWARDED:** THERE WILL BE PRIZE WINNERS AT THE END OF LEVEL UP. THE MEMBER WITH THE OVERALL BEST RESULTS WILL WIN \$1,000 FOR THE 12 WEEK CHALLENGE, \$750 FOR THE 8 WEEK CHALLENGE & \$500 FOR THE 30 DAY CHALLENGE!

PROCEDURES & COMPLIANCE

- 1** YOU MUST COMPLETE A BODY COMPOSITION ANALYSIS AND HAVE PHOTOS TAKEN BEFORE LEVEL UP STARTS. LEVEL UP CANNOT COMMENCE UNLESS YOU HAVE COMPLETED YOUR INITIAL WEIGH INS & PHOTOS.
- 2** YOU MUST ATTEND THE SATURDAY SEMINAR PRIOR TO LEVEL UP COMMENCING OR COMPLETE VIA CORRESPONDENCE FOR THOSE PARTICIPATING REMOTELY.
- 3** YOU MUST WRITE YOUR NAME ON THE ACCOUNTABILITY BOARD AT REVOLUTION X OR COMPLETE THE ACCOUNTABILITY SPREADSHEET WEEKLY FOR THOSE PARTICIPATING REMOTELY.
- 4** YOU MUST ATTEND/ COMPLETE A MONDAY WEIGH-INS EVERY WEEK, PLEASE ARRIVE AT LEAST 15 MINUTES PRIOR TO YOUR SESSION. IF YOU CAN'T ATTEND YOU MUST ADVISE REV X COACHES.
- 5** YOU MUST ADHERE TO YOUR ALLOCATED NUTRITION PROTOCOLS, BASED ON THE NUTRITION SYSTEM THAT YOU HAVE CHOSEN. NUTRITIONAL PROCEDURES WILL BE ALLOCATED TO YOU BASED ON YOUR CHOICE.
- 6** YOU MUST COMPLETE AT LEAST 2 X 30 MINUTES MOBILITY SESSIONS IN A WEEK. YOU MUST SIGN IT OFF ON THE BOARD OR IN YOUR ACCOUNTABILITY SHEET IF COMPLETING REMOTEKY. PLEASE ADVISE COACHES OF YOUR MOBILITY SESSION SO WE CAN MONITOR YOU AND HOLD YOU ACCOUNTABLE.
- 7** YOU MUST TRAIN A MINIMUM 5-6 TIMES A WEEK, WITH 4 SESSIONS BEING RECOMMENDED ON SITE AT REV X TO MAXIMIZE RESULTS.
- 8** IF PERFORMANCE IS A GOAL, THEN YOU MUST ATTEND AT LEAST 5 SESSIONS AT REV X. ANY OFF SITE TRAINING MUST BE COMMUNICATED TO THE COACHES. FOR REMOTE PARTICIPANTS, YOU MUST LOG YOUR TRAINING.
- 9** WE REQUIRE THAT YOU ATTEND OUR SATURDAY WOW SESSIONS. THIS WILL ASSIST IN MAXIMISING RESULTS. EXEMPTION EXISTS FOR REMOTE PARTICIPANTS.
- 10** YOU MUST FILL OUT THE REV X ACCOUNTABILITY BOARD/SHEET DAILY WITH YOUR COMPLIANCE TO TRAINING, NUTRITION AND MOBILITY.



HOW TO WIN



WHILE WE BELIEVE EVERYONE WHO COMPLETES THE PROGRAM IS A WINNER, WE WOULD LIKE TO ACKNOWLEDGE THOSE THAT DO GO ABOVE AND BEYOND, AND KICK SOME EXTRA BUTT. AT THE END OF LEVEL UP THERE WILL BE THREE WINNERS FOR THE MOST LEVELLED UP (ONE FOR THE 12 WEEK PROGRAM, ONE FOR THE 8 WEEK PROGRAM AND ONE FOR THE 30 DAY PROGRAM) WHO WILL RECEIVE A PRIZE PROVIDING THEY ARE ADHERENT TO THE LISTED PROCEDURES, AND WILL ALSO BE JUDGED BY THE FOLLOWING:

1 MINDSET

- ✓ IMPROVED ATTITUDE TOWARDS TRAINING AND NUTRITION
- ✓ FILLS OUT ACCOUNTABILITY BOARD/SHEET WEEKLY

2 TRAINING

- ✓ IMPROVED PERFORMANCE AND DRIVE IN TRAINING
- ✓ IMPROVEMENT IN OVERALL PHYSICAL PERFORMANCE
- ✓ COMPLETES WEEKLY REQUIREMENTS IN TRAINING AND MOBILITY

3 NUTRITION

- ✓ COMPLIANCE TO THE NUTRITION SYSTEM OF CHOICE: REV X NUTRITION OR MACROS
- ✓ BODY COMPOSITION FINAL ASSESSMENT RESULTS

4 COMMUNITY

- ✓ REGULAR SOCIAL MEDIA ACTIVITY TAGGING @REVXPC (INSTAGRAM/FACEBOOK)
- ✓ TEAMWORK: NOTICEABLY SUPPORTING FELLOW MEMBERS THROUGHOUT THE PROGRAM
ENGAGEMENT IN THE PRIVATE REV X MEMBERS FACEBOOK GROUP PAGE (A LINK WILL BE PROVIDED FOR YOU TO JOIN)