

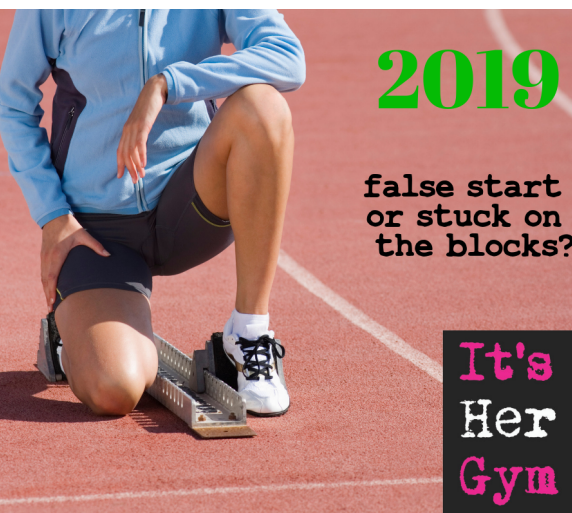
Our training sessions together with the Idiot Proof Diet are **100%** guaranteed to get you results. You just have to follow the plan.

We have 4 uninterrupted weeks to **REBOOT 2019**. So if your New Year's Resolutions have been left by the wayside or sadly neglected, this is your time to get **Back to Basics**.



**4 Week
Back to Basics
ReBoot**

**18th March -
14th April**



false start
or stuck on
the blocks?

**It's
Her
Gym**



**There's a place on
IHG's Tribal Honour
Board at stake!**

**BLACK?
PINK?
GREEN?**

We know it's not all about weightloss!
Just being consistent in your efforts will get you results and points!



**why Walton went
GREEN...**

"I've gone GREEN because it's the colour of new beginnings. Our new members want to change and make a fresh new start on their health and fitness goals. I love change and I'll be relying on our newbies to keep me focussed too."

You'll be asked to join one of our 3 tribes - Black, Pink or Green. Each Tribe will win points for every workout and every gram lost by it's members. There's also bonus point opportunities and challenges throughout the **4 Week Back to Basics Reboot**. There's individual prizes but more importantly, the Tribe with the most points gets immortalised on our Honour Board!



"Tingles" 15kgs lost on the Idiot Proof diet and regular IHG workouts and she's a Pink Tribe member thru and thru!



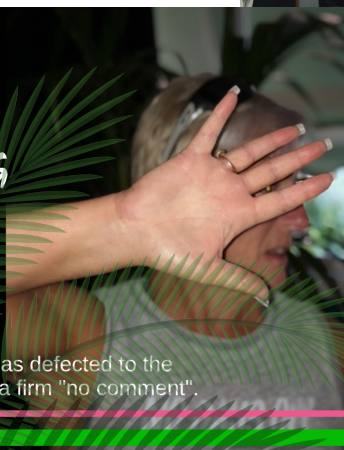
**Ryan takes control of
Black Tribe!**

After leading the Black Tribe for numerous campaigns, Walton has thrown her support behind the new tribe - the GREENS. Ryan (an IHG success story and long time campaigner) has stepped up to be the voice of the Black Tribe. Her no-nonsense approach to her diet and fitness has seen her lose 20+ kgs at IHG and she supports fully the Idiot Proof Diet and 3-4 Workouts Per Week Policies.



**BREAKING
NEWS...**

News that Walton has defected to the Greens is met with a firm "no comment".



4 Week Back to Basics Reboot is FREE for all IHG members.

The Program runs from 18th March until 14th April.

Registrations open 10th March.

All weigh-ins must be completed by 18th March.

You choose which tribe you want to be a part of.

You will be issued with a colour wristband in the colour of your tribe.

The winning tribe will be determined by a combination of both the highest average attendance, highest average weightloss % and bonus points accrued in challenge events. Participants **MUST** KEY IN for each session and bonus events will be publicised in the gym and on social media. Not all bonus events will be training session based.

INDIVIDUAL PRIZES WILL BE AWARDED FOR CONSISTENCY IN ATTENDANCE AS WELL AS % WEIGHTLOSS. THE WINNING TRIBE WILL HAVE IT'S NAME IMMORTALISED ON OUR HONOUR BOARD.

KNOW THAT THE TRIBE HAS GOT YOUR BACK. CONSISTENCY IS KEY. KEEP TURNING UP. EVEN ON THE DAYS YOU DON'T FEEL LIKE IT. YOU'LL ALWAYS FIND A TRAINER TO WORK WITH OR A GYMMER TO TALK TO. IT'S WHAT WE DO AT IHG.