

# LEVEL UP

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

revolution **X**  
PERFORMANCE CENTRE

# LEVEL UP PROGRAM

- ✗ 4 WEEK, 6 WEEK AND 8 WEEK PROGRAM
- ✗ LEVEL UP ENABLES CHOICE FOR MEMBERS, WITH THE OPTION TO FOCUS ON PERFORMANCE 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 (ADDITIONAL COACHING FEE APPLIES + MUST HAVE COMPLETED REV X NUTRITION SYSTEM) OR OUR “*DONE FOR YOU*” MEAL PREP SERVICE.
- ✗ WEEKLY CHALLENGES THROUGHOUT THE PROGRAM HELD, WITH WEEKLY PRIZES UP FOR GRABS
- ✗ 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.
- ✗ ACCESS TO A MOBILITY ROOM.
- ✗ **THERE WILL BE A PRIZE WINNER AT THE END OF LEVEL UP. THE MEMBER WITH THE OVERALL BEST RESULTS WILL WIN \$1,000!**

# 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
- 3** YOU MUST WRITE YOUR NAME ON THE ACCOUNTABILITY BOARD AT REVOLUTION X
- 4** YOU MUST ATTEND 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. 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 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.
- 9** WE REQUIRE THAT YOU ATTEND OUR SATURDAY WOW SESSIONS. THIS WILL ASSIST IN MAXIMISING RESULTS.
- 10** YOU MUST FILL OUT THE REV X ACCOUNTABILITY BOARD 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 ONE WINNER FOR THE MOST LEVELLED UP, WHO WILL RECEIVE A \$1000 CASH 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 WEEKLY

## 2 TRAINING

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

## 3 NUTRITION

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

## 4 COMMUNITY

- ✓ SOCIAL MEDIA POSTS WEEKLY, TAGGING @REVXPC (INSTAGRAM/FACEBOOK)
- ✓ TEAMWORK: NOTICEABLY SUPPORTING FELLOW MEMBERS THROUGHOUT THE PROGRAM

