

## What Is Farrell's?

### Motivation to Transformation

The Farrell's eXtreme Bodyshaping® (FXB) program is designed to enable you to achieve your fitness goals in an environment that is motivating and engaging, while challenging you to live Life at Level 10®!

Our program is about committing yourself to a healthy lifestyle. Farrell's isn't a quick fix or a trendy fad. We've been teaching our members how to live a healthy lifestyle and transform their lives with our tried and true programming since 2001.

Every member has her or his own fitness goals. No two people are the same. But our program, no matter those goals, will show you results. In fact, we are so confident in our program that we back it up with a 100% Money-Back Guarantee\*!

45 minutes a day. 6 days a week. 10 weeks. No matter your age, gender, current fitness level, or fitness goals, our inclusive program will give you the tools you need to achieve results!



**FARRELL'S**  
EXTREME BODYSHAPING

Notes:

### Class Times

5:00 AM  
6:00 AM  
7:00 AM  
9:30 AM  
11:45AM  
4:30 PM  
5:30 PM  
6:30 PM

### Contact us

#### Farrell's eXtreme Bodyshaping

1804 S Hershey Rd, Unit 4, Bloomington,  
IL 61704 – 309.664.1601

5832 N Knoxville Ave, Suite L, Peoria, IL  
61614 – 309.689.8499

212 Veterans Dr., East Peoria, IL 61611-  
309.698.8888

\*Individual results may vary. Certain requirements apply for the Money-back guarantee. Speak with a location manager or Head Coach for details.



# Reshaping Lives 10 Weeks at a Time!®

## Baseline Testing

To measure success you need to know your starting point. On Baseline Testing Day we establish that by collecting the following.

- Weight
- Body Fat %
- Five Measurements on the Body
- Flexibility Score
- 1-Minute Push-ups & Sit-ups
- Before / After Photos
- Your Time for 1-Mile (weather permitting)

Following testing is a short Orientation where you get an overview of the program, meet with your Coach, and receive your boxing gloves and wraps.

## Strength Training

Building lean muscle is crucial to increasing our metabolism and our ability to burn calories – while moving AND at rest. Our use of resistance bands and bodyweight provides the benefits of building strength in a safe and effective way.



## Fitness Kickboxing

Our kickboxing program is derived from the martial arts discipline of Tae Kwon Do, but experience is not required to be successful. Kickboxing classes are high-energy and motivating cardio workouts that burn fat and build endurance.

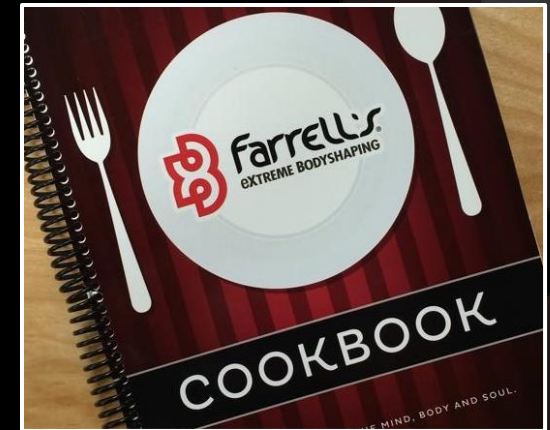


Each week you are introduced to new moves and combinations, and the intensity increases in sync with your endurance. The class progresses with you so you are feeling challenged, but never feeling left behind.

Interval training in combination with variety keeps your workouts fun, engaging and always fresh!



## Nutrition Coaching



We provide key information about fueling your body. Peak performance and results depend on good nutrition. From protein, fat, and carb intake, to simple meal prep; healthy eating is essential to your success.

## Final Testing/Celebration

On Day 60 we take "After" photos and re-test the baseline metrics. We'll analyze the data and photos while you get to go home, relax and get ready. Then we gather that evening to celebrate everyone's results and to name our newest \$1000 winners!

One of them CAN be you!

