



For further enquiries, please call:

(02) 9750 9495

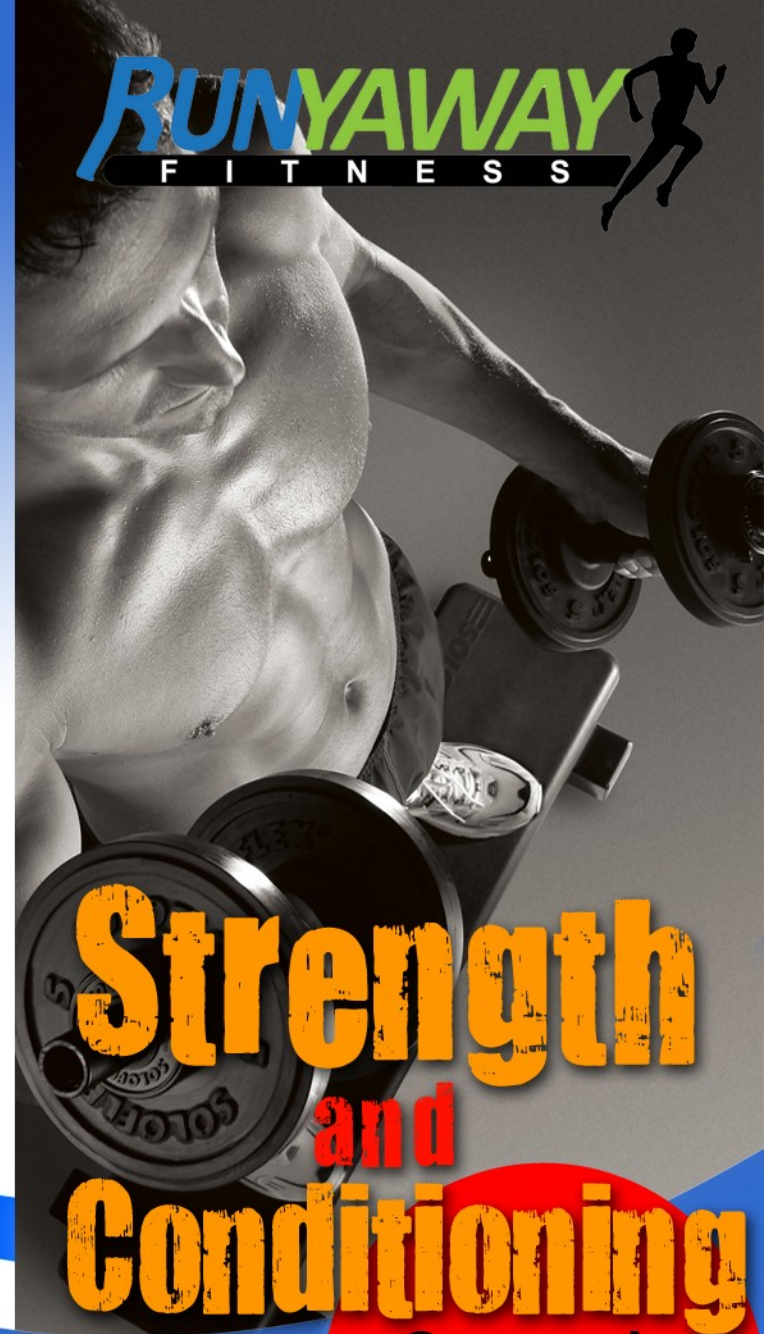
1-5 Breust Place
Punchbowl NSW 2196

Are you ready?

Step up your game and see if you've got what it takes to survive the ultimate 6 week strength and conditioning challenge! Maximise your size, strength and vascularity with a fully periodised program running for 6 weeks.

www.runyaway.com.au

RUNYAWAY
FITNESS



**Strength
and
Conditioning**

**6-week
Challenge**



The program caters for all individuals with 3 programs ranging from a beginners program, to intermediate, to an advanced program for those experienced trainers who might be struggling to see any gains.



**Packages
start at
\$350**

Prices for the 6 week packages begin at \$350 for the beginner. For further information contact Runyaway fitness centre, or come in and talk to our friendly staff. The fun and fitness starts here!!!

THE BEGINNER PACKAGE

3 x half hour sessions a week
Mon, Wed and Fri
Suited for people with little or no training experience
Sessions consisting of whole body workouts, split routines, core stability, body fat reduction, etc

THE INTERMEDIATE PACKAGE

4 x half hour sessions a week
Mon, Tue, Wed, Fri
Suited for people with some experience and knowledge of training
Sessions consisting of split routines, power circuits, isolation exercises, core stability, body fat reduction, etc

THE ADVANCED PACKAGE

5 x half hour sessions a week
Mon, Tue, Wed, Thurs and Fri
Suited for people with years of training experience
Sessions consisting of split routines, power circuits, isolation exercises, core stability, body fat reduction, etc

