



Find out how to sign up today by visiting: [www.naturalbodyzfitness.com](http://www.naturalbodyzfitness.com)



# TOTAL BODY TRANSFORMATION

## SEASON 16

### ABOUT THE TOTAL BODY TRANSFORMATION

USA Elite Trainers "Total Body Transformation" (TBT) is the most effective weight loss program in Hampton Roads. The TBT is offered and presented by USA Elite Trainers at Natural Bodyz Fitness - Open 24/7.

The TBT teaches participants how to strategically lose body fat and gain lean muscle mass over a 12 week, 3 phase diet and training program. The TBT is a weight loss challenge, offering prizes to contestants for the best results in that given time frame.

The TBT consistently produces people that lose 20-75 pounds in 12 weeks! Entering our SIXTEENTH SEASON, we've had continued success in our community. What does this tell us? The Total Body Transformation is here to stay and is a great event for you to be part of!

During this organized competition, contestants can completely change their lives through understanding proper nutrition and following a proven fitness program! Special NBF Club Vs. Club season for the chance to win the NBF Belt!!

Lost 27lbs & lost 6 inches off waist

Lost 21lbs & lost 6% bodyfat

Fit couple Grand Champions  
Chris: -15lbs/-7%BF/-4inch off waist  
Natalie: -16lbs/-8%BF/-5inch off waist





# TOTAL BODY TRANSFORMATION SEASON 16

# ENTRY FORM

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Age \_\_\_\_\_ Sex (Circle One) M F Height \_\_\_\_\_ Weight: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

What are your desired fitness goals?	
Which days can you workout? What Time?	

## CONTEST RULES:

Before	After	Starting Weight in: _____	Final Weight in: _____
<b>BODY FAT MEASUREMENTS</b> L / R	<b>BODY FAT MEASUREMENTS</b> L / R	<b>BODY MEASUREMENTS</b>	<b>BODY MEASUREMENTS</b>
Arms _____	Arms _____	Triceps _____	Triceps _____
Thighs _____	Thighs _____	Chest _____	Chest _____
Calves _____	Calves _____	Subscapular _____	Subscapular _____
Neck _____	Neck _____	Abdominal _____	Abdominal _____
Waist _____	Waist _____	Suprailiac _____	Suprailiac _____
Hips _____	Hips _____	Midaxillary _____	Midaxillary _____
Chest _____	Chest _____	Thighs _____	Thighs _____
		Body Fat %: _____	Body Fat %: _____
		Lean Body Mass Weight: _____	Lean Body Mass Weight: _____

- Complete entry process prior to Thursday August 27th 2020.
- Attend formal Total Body Transformation (TBT) Kick-Off on SUNDAY, August 30th 2020.
- Complete & Email Success story before November 22nd 2020 ( [TBT@naturalbodyzfitness.com](mailto:TBT@naturalbodyzfitness.com) ) 7:00PM EST.
- Have "after" photos taken by approved staff. All submissions (photos, personal data, measurements) become the property of USA Elite Trainers & Natural Bodyz Fitness.
- All participants are required to attend 10 of the 12 mandatory TBT meetings to remain eligible to win. Failure to attend may result in participant disqualification without refund.
- Upon completion of the program these requirements must be met : 1) Must make 10 of the 12 workout meetings 2) must complete written essay by November 22nd and 3) taken before and after photos on said start and end dates.
- Grounds for disqualification include but are not limited to: non-payment of membership, incomplete data for necessary forms, failure to take after photos.
- USA Elite Trainers / Natural Bodyz Fitness reserves the right to disqualify individuals for any reason. No participation unless payment is received with entry form.

## Cost: \$299

Full Payment received by: Check - Cash - Credit Card (Amex, Visa, MC, Discover) Amount : \_\_\_\_\_ received by: \_\_\_\_\_

**Split payment Option (\$ \_\_\_\_\_):** 1st of month payments \_\_\_\_\_ received by \_\_\_\_\_  
**2nd payment of \$ \_\_\_\_\_ due on the 15th. This amount will be automatically deducted from your credit card.**

I \_\_\_\_\_ authorize Natural Bodyz to deduct \$ \_\_\_\_\_ on 1st & 15th of \_\_\_\_\_ months 2020 from the following credit card: Type \_\_\_\_\_ # \_\_\_\_\_ Exp. date \_\_\_\_\_ 3-digit code \_\_\_\_\_

Disclaimer: You have been cleared by a licensed health practitioner to participate in the 2020 TBT. Remember to always consult your doctor or a licensed health practitioner before beginning any exercise or diet program. Inform your personal trainer of any health issues or heart conditions you may have that may affect your workout.

I certify that I am in adequate physical condition to enter the Total Body Transformation, and that common sense will be used in all activities undertaken pursuant to this contest. I hereby agree to hold harmless Natural Bodyz Fitness, USA Elite Trainers, and all other affiliates: sponsors, agents, employees and anyone else directly affiliated with this contest from injuries, illness or death resulting from participation in this contest. All sales are final.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



Signup Checklist:

Copy of ID Card:

Copy of ID Credit Card: \_\_\_\_\_ Received By: \_\_\_\_\_

# No More Excuses!

## How and When Do I Sign Up?

**SIGN UP NOW!!**

Sign-ups will be held until August 27th 2020 at

Natural Bodyz Fitness 24/7 or online at [www.naturalbodyzfitness.com](http://www.naturalbodyzfitness.com).

We are looking for the **first 40 people** who have decided to transform their lives. So hurry and sign up today!

## What you receive

- 12 week comprehensive **workout and nutrition guide custom made for each contestant** by USA Elite Trainers.
- 12 workout sessions (Saturdays)
- Discounted personal training & supplements (20% off a 4 month package)
- Special online access to files and videos / Private FB chat page
- **Special lifetime membership price to Natural Bodyz Fitness—Open 24/7**
- **Special Awards Ceremony Event with food included!**

## Prizes!!!

\* **1 Year full Membership at Natural Bodyz Fitness & 1 Year Free Membership to give away to a family member!**

\* **\$300 Cash to Ultimate TBT Champion!**

\* **\$400 in Supplements Gift Cards,**

\* **Over \$600 in gift cards for Personal Training with USA Elite Trainers,**

\* **Winning Team Trophy BELT! (For home club)**

## Cost

- **One time cost of \$299**

## Participant Requirements

At each club, all participants are required to attend 10 of the 12 mandatory TBT meetings. Failure to attend will result in participant disqualification without refund.

At each meeting, you will:

- Weigh-In weekly
- Have a Group Training (40-50 Minutes) Workout / Go over weekly nutritional topic. (10 minutes)

## Team Vs. Team — Workout Challenges

- Each month we will meet we will hold a huge group workout and end with a Team VS. Team challenge workout for bragging rights!

## Frequently Asked Questions

### How do I win?

Winners will be those who follow the rules and make the visible physical changes within the Total Body Transformation time line. Contestants must have taken both before and after photos and provide a written essay describing their experience and what it meant to them personally.

### How many winners will there be?

- 1 Ultimate TBT Champion. Ultimate Champion will win a **\$300 Cash prize!**
- 1st & 2nd male and female winners per team.
- 1st & 2nd male and female runner up winners per team.
- "Team Champions" winner is the group with the highest combined body fat percentage lost compared to their starting body fat percentage.

## Judging

- There will be 5 experienced judges who will evaluate each contestants progress throughout the challenge. These judges will remain anonymous and are not trainers.

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## KICK OFF DAY

- Sunday August 30th
- @ Natural Bodyz Fitness Bayside  
1608 Pleasure House Road
- 9:00am

- **TWO Hour EVENT!**
- **Dress in workout clothing!**
- **We will be taking all Photos & Measurements**
- **Program seminar**
- **Workout on this day!**  
Eat Prior to coming!

**YOU MUST ATTEND THIS DATE!**



**For any questions:**  
Company Cell: 757.234.9157

**Email us at:**  
[TBT@naturalbodyzfitness.com](mailto:TBT@naturalbodyzfitness.com)

**Join Us: GROUP TBT Facebook Page:**

FB Search: Total Body Transformation