

INTENSITYX3

FITNESS & KICKBOXING

MEMBERS GUIDE



**FIGHT, FLIGHT & LIFT:
GETTING STARTED WITH THE
INTENSITYX3 FITNESS &
KICKBOXING WORKOUT PROGRAM**

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Welcome to IntensityX3 Fitness & Kickboxing & thank you
for choosing to give yourself this gift.

If you've been having difficulty with your health, with your diet, with your weight or with low energy- we want you to know that not only can you feel better, you can THRIVE! And that is precisely what our dojo, fitness program and community is all about.

At IntensityX3 we are a team of fitness, health and kickboxing experts with a combined experience of 100 years! It's with this experience that we've created the IntensityX3 Fitness & Kickboxing program. A program we believe is the best way to improve your health, ignite rapid weight-loss, tone your body, increase energy, improve self-confidence and give you a more focused mind. We can tell you with certainty that this program is exactly what you need to see lasting change.

As you begin on this new journey, you will experience a complete physical and emotional transformation. We'll be very honest with you. The road ahead will not be an easy one. But, this is a journey of life and growth and at the end of this journey, you will experience health and radiant energy like never before and your life will change for the better.

Please keep in mind that you will never be alone on this journey to health and happiness. Along with the trainers at IntensityX3, we are here to make sure that you have all the support necessary to achieve your goals.

Yours In Health,

Allan & Cica Prince

Founders of IntensityX3





INTENSITYX3 CORE VALUES

INTEGRITY IN ALL MATTERS

Know and do what is right.

RESPONSIBILITY FOR YOURSELF

Look for opportunities to contribute. Actions speak much louder than words!

EMBRACE CHALLENGE

Bring your best to competition by winning small victories that eventually add to the big win.

BE UNIQUE

Life's purpose is to graciously accept who we are and to use our gifts to mold ourselves into the best person we can possibly be.

LIVE TO THE FULLEST

Maximize your time productively as it gets more valuable every moment. Reach your dreams and live on purpose!

COMMUNITY

Relationships matter. "As Iron sharpens Iron so one man sharpens another." Let us pursue perfection together.

EARNED NOT GIVEN

Success is never given. Success is earned.

IS INTENSITYX3 FOR ME?

This program is for anyone that is ready to finally take their fitness to the next level. If you have a positive mindset and a never give up attitude, you will be very successful at IntensityX3.

WARNING: We are no ordinary gym. Here, we are committed to give you the best workout and results of your life. We believe that success comes when your dreams get bigger than your excuses. Your excuses may in fact be valid, but they won't get you fit. ***Period.***



**DECIDE.
COMMIT.
SUCCEED.**

DO YOU REALLY HAVE TO READ THIS?

Only if you want results. If you can't commit to a few pages of light reading, how can you commit to a body transforming workout program?

WHAT CAN I EXPECT?

simple:

- To get in the absolute best shape of your life.
- To develop strength, speed, and athletic potential.
- To sharpen your knowledge of fitness and nutrition.

Oh yeah, and you can expect to sweat your @\$ off!

Please keep in mind that everyone is unique. We come in a variety of sizes, shapes, and strengths. We have different genetics, different injuries, different daily lives. With that said, expectations of results will vary for each unique individual. IntensityX3 recognizes these differences and is designed to ensure that each individual is able to achieve their personal fitness and health goals.

From weight training to kickboxing, you'll experience a wide variety of unique and challenging moves that will slim, strengthen, tone, firm, and add lean muscle. We will teach you how to control your results so you can get exactly what you want. With IntensityX3, you can shape your body exactly the way you want it.

IntensityX3 is unlike any other gym ever devised. With a total of 11 separate classes containing thousands of unique movements, this comprehensive approach to fitness will catapult you to the next level.

HOW DOES INTENSITYX3 GET YOU THERE?

Three words: FIGHT, FLIGHT & LIFT! By providing you with a progressive training program and a variety of challenging movements from kickboxing and resistance training, IntensityX3 is continually pushing the body to the limit. We believe that the more varied the workout program, the better and faster your results will be. It's also a lot more fun, which makes showing up to your workout that much easier.

THE INTENSITYX3 FORMULA:

iNTENSITY

X

3 TRAINING METHODS

FIGHT + FLIGHT + LIFT

Without a formula you've got nothing. There needs to be an intelligent system in place if you want the best results with the least risk of injury. That's exactly what we have created at IntensityX3. Our formula relies heavily on these 3 powerful elements: Fight, Flight & Lift. Within each training element there are principles in place that drive the design of the workouts. So, are you ready to Fight for fitness? To take Flight and reach new heights? To Lift for life? Best of all, we do it as a community.





FIGHT FOR FITNESS

Kickboxing is undoubtedly one of the best ways to burn fat and build lean muscle. Why? Because the body was designed to “FIGHT or FLIGHT”. A defense mechanism that is primal and engrained in our DNA. Humans evolved to fight and defend themselves and next to hunting and gathering, is one of nature’s original fitness programs.

At IntensityX3, Kickboxing is the foundation of our fitness program and the #1 way we transform our members bodies and minds. With every punch and kick, every muscle in your body is engaged in a way that no other exercise can duplicate. The core is especially strengthened due to the constant twisting and impact. Your metabolism will also be set on fire and most people can expect to burn 590+ calories. Stress hormones that cause weight gain will also be naturally burned off. Stress hormones left unchecked, can wreak havoc on metabolism and kickboxing (Fighting) is the #1 way to naturally burn these stress hormones. Your confidence will also soar with your new found ability to defend yourself if need be.

In our fitness class programing, the FIGHT part of our training is primarily heavy-bag work where the instructor will call out different punching and kicking combinations that will keep your heart rate elevated and sweat dripping. In our Muay Thai Programming, the FIGHT portion will be dedicated toward skill and self-defense.



FLIGHT FOR FITNESS

FLIGHT aka Metabolic Conditioning is all about strengthening your cardiovascular system, muscular endurance as well as improving specific metabolic energy systems. Simply put: FLIGHT involves training different energy pathways, by manipulating work to rest periods (interval training) to turn your body into a lean, athletic, fat-burning machine. By combining different energy systems in a mix of short and long duration intervals, we can optimize energy production and maximize the afterburn effect.

Here's the cool thing:

You burn more calories (up to 1,000), increase the afterburn effect (burn more calories up to 36 hours after your workout), sweat buckets and get maximum results without going anywhere near a treadmill, bike or elliptical.

In our Fitness programming, the FLIGHT element is mixed into both kickboxing and resistance training. Through the manipulation of work to rest periods, we can easily make any movement a calorie torching flight move.



LIFT FOR FITNESS

LIFT aka resistance training is all about pumping iron and building lean muscle. Resistance training is arguably the most important aspect of any successful fitness program. Muscle is what gives our body shape, moves our body, increases resting metabolism and even improves hormonal balance. Without resistance training, it's basically impossible to truly transform your body long-term. Simply lifting weight isn't enough. You **MUST** progressively become stronger. Without a smart and progressive program in place, you will quickly plateau. Simply put: If you aren't getting stronger every month, you aren't doing it right. Lifting the same 5lb dumbbells for the same 10 repetitions day-after-day is a guaranteed way to spin your wheels and get zero results. The solution? We mix up the repetitions, sets, weight, exercise, rest intervals and utilize many traditional and non-traditional strength training techniques. We aren't suggesting you become the next Strongman or woman, but we are suggesting that you need to improve **YOUR** individual strength in some measurable way if you want **REAL** and **LASTING** results.

In our fitness kickboxing classes, the LIFT element is mixed in with the FLIGHT element. However, if you want to put more focus on building lean muscle, you must come to our LIFT ONLY classes.



COMMUNITY FOR FITNESS

Community is the BONUS 4th element. People come for fitness and find a “fit family”. At IntensityX3 we believe Social Wellness is just as important as Physical Wellness. Social wellness refers to one's ability to interact with people around them. It involves having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

Social wellness follows these tenets:

1. It is better to contribute to the common welfare of our community than to think only of ourselves.
2. It is better to live in harmony with others and our environment than to live in conflict with them.

The Path to Social Wellness

If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.

GETTING STARTED

YOUR FIRST CLASS AT INTENSITYX3

If you're reading this handbook chances are you have already taken your first fundamentals class and probably even your first fitness class. But, now you're left wondering which classes will be best for you moving forward, right? The answer lies within your fitness goals.

BEYOND THE FORMULA

The formula for our classes is FIGHT + FLIGHT + LIFT. We've covered that previously, but now you may be wondering how that fits into your specific goals. We have 3 basic class categories at iX3: Fitness Kickboxing classes, Strength & Conditioning classes and Self-Defense. All of these classes have a physical fitness element. Simply because they are all physical in nature, *but*, you will get drastically different results from each type of class. In our fitness kickboxing classes the focus is more on endurance, fat loss, & basic kickboxing skills. In our Strength classes the focus is on building strength and sculpting the body with lean muscle. And in our Muay Thai Kickboxing (self-defense classes), the focus is on learning to fight with proper movement and technique.

FITNESS KICKBOXING CLASSES

Kickboxing is one of the best ways to transform your body. But kickboxing alone isn't quite enough. You still need resistance training to really get the most from your training. That is precisely why our kickboxing classes combine a variety of resistance training styles and techniques. Truly a great all around workout that will blast fat, improve muscle tone and develop basic kickboxing skills in a fun and exciting class format. There are 5 unique fitness kickboxing classes at iX3. HIITBOX, HOTBOX, SHADOWBOX, KICKBOXING + ARMS & KICKBOX + LEGS**. Why do we have so much variety? #1 because variety produces great results and #2 variety is the spice of life! We believe doing the same workout everyday is boring, so we just assume that you do too. **See class descriptions on following pages.

STRENGTH & CONDITIONING CLASSES

Our Strength and Conditioning focused classes are perfect for building lean muscle, strength and for getting that chiseled athletic look. To do so, we split our training days up into separate muscle groups so that we can give each muscle the attention it needs to grow stronger. The goal is lifting heavier weights with both traditional and nontraditional strength, bodybuilding and sports specific exercises. We take this program a step further by having alternating STRENGTH & CONDITIONING months. One month we focus on lifting heavier and the next month we focus on higher repetitions with lower weights. By alternating months, we truly get the best results and enough variety to stay motivated. Bottom line: cardio-only classes are great at burning fat, but no so great at sculpting the body. If you truly want to build muscle, increase your strength and sculpt your body into a lean, mean, athletic machine, these classes are for you. We have 5 unique strength classes on the schedule: Chest/Back + Core, Legs+Core, Total-body, butts & guts and HEARTCORE**. Each day focusing on specific muscle groups.

MUAY THAI KICKBOXING CLASSES

Learn to defend yourself with the practice of Muay Thai Kickboxing. Widely considered one of the most functional and effective fighting styles, Muay Thai Kickboxing is described as the "art of 8 limbs", because it teaches us to effectively use 8 points of contact for striking with punching, kicking, knees and elbows. These classes go beyond the physical and go deep into the mental side of training with heavy focus on your ability and skill level. Every 16 classes You will be tested and advance through the ranks while you develop skill and confidence like never before.

GETTING STARTED

WHICH CLASS SCHEDULE IS RIGHT FOR ME?

Based on your goals and possibly even your schedule, you will want to determine which classes you would like to take. Of course, many of our fittest members that have transformed their bodies have at one point or another, participated in all three class types. That's the great thing about our gym. We have so much to choose from. If you get stuck with fitness kickboxing and your skill isn't improving, maybe step up to Muay Thai Kickboxing and really focus on your skill for a few months. OR maybe you've lost a ton of weight but still need a little more muscle to give you the shape you need, in that case you should switch to our Strength classes. Or maybe your kickboxing skill is great but you lack endurance and strength. Now would be a great time to switch over to our fitness kickboxing classes. Whatever you choose, don't feel pressured to lock into one type of training style. Mix it up and most importantly, have fun!

HOW MANY DAYS SHOULD I WORKOUT?

That all depends on if you want good results, better results or the best results! How fast you achieve results is completely dependent on how often you train, your nutrition habits as well as your own unique genetics. Some will get great results after only 2 weeks, for others it might take 3 months. Regardless, the one variable that will speed up your results is training frequency. Workout too little and you won't see results and on the polar opposite side if you workout too much you will eventually burnout. We recommend exercising 3-5 days per week, however, the best results will always come from training 5 days per week. If your schedule simply won't allow that type of training frequency, you may need to change your schedule to allow time for your workout or you will have to reevaluate your goals and determine if they are realistic. You're just not going to get good results training less than 3x per week. You will get GOOD results training 3x week. Better results from 4x per week and the BEST results from 5x per week! If you ask us, setting aside 3-5 hours of training per week for a strong and healthy body is a smart investment.

GET A SUPPORT SYSTEM

Starting a new workout program can be tough when you are doing it alone. Research shows that when everyone in your house is on board the "workout train" your success rate drastically improves. If you are trying to workout and create a new healthy habits, but your significant other, kids or even friends are doing the complete opposite... it will be significantly more challenging for you to stay on track. Also, having a friend or loved one to go to the gym with is a great way to stay motivated and keep accountable. I like to call my workout partners my "accountabili-buddies". :) Someone that can push you when you're feeling tired and vice-versa. That camaraderie alone can be the glue that keeps it all together. Do your best to recruit a loved one or friend to start this journey with you. It could make all the difference. Like the saying goes: "friends that workout together, stay together!"

PAIN

If you are new to exercise you will almost certainly feel pain the day after your first workout. This happens to everyone. Don't let the pain of exercise stop you from reaching your goals and definitely don't quit because of the pain. The only way you will overcome the pain of exercise is by exercising regularly. Eventually, exercise will be the norm for your body and the pain will go away. The mistake most people make is they get so sore from the first day, and wait 1 whole week or more before returning. If you do this, your body will never adapt to the workout. You have to force yourself to workout at least 3x/week in order for your body to get stronger. Otherwise, you will always be a beginner and every workout will leave you crippled with pain. Push through the pain the first few weeks, and I promise you will be stronger for it. I will go into recovery strategies and speeding recovery time on page 15.

CLASS DESCRIPTIONS

FITNESS KICKBOXING

HIITBOX: High Intensity Interval Training + Kickboxing. An exciting hybrid fitness kickboxing class that has FIGHT, FLIGHT & LIFT elements. Designed to burn calories and increase muscular endurance. The first 30 minutes of the class consists of heart pounding punching and kickboxing combinations on the heavy bag (FIGHT). The second half of the class focuses on metabolic conditioning (FLIGHT) using various resistance and body weight training exercises (LIFT).

Equipment used: Boxing gloves, heavy bags, bands, balls, TRX, dumbbells, barbells, bosu balls, and much more!

Class Length: 50 minutes

Level: Beginner - Advanced

Styles: FIGHT, FLIGHT & LIFT

Styles:

HOTBOX: Sweat your @ss off in this HEATED kickboxing class! All bag and bodyweight in this super fun (but intense) kickboxing class. You will punch, kick and burn more calories in this class than any other class at iX3. High energy, loud music, and lights off set the mood for the most unique fitness kickboxing class on planet Earth.

Equipment used: Boxing gloves, heavy bags and your body is all you need.

Class Length: 50 minutes

Level: Intermediate - Advanced

Styles: FIGHT & FLIGHT

KICKBOX + ARMS: AKA the "Gun Show". A hybrid class that combines kickboxing and resistance training for one killer arm workout that would leave even Popeye tired. Punch, kick, curl and press your way to defined arms. First half of the class is kickboxing combinations on the bag. The second half consists of arm exercises using bands, dumbbells and barbells.

Equipment used: Boxing gloves, heavy bags and your body is all you need.

Class Length: 50 minutes

Level: Beginner - Advanced

Styles: FIGHT, FLIGHT & LIFT

KICKBOX + LEGS: Get ready to kick, squat, jump and lunge during this unique series of exercises dedicated to the lower half. First 30 minutes of the class is heart-pumping Kickboxing combinations on the heavy bag. Second half of the class is all leg exercises. The main focus lies in strengthening the glutes, quads, hamstrings and calves. Killer legs are made in this class!

Equipment used: Boxing gloves, heavy bags, barbells, dumbbells and body weight.

Class Length: 50 minutes

Level: Beginner - Advanced

Styles: FIGHT & FLIGHT

SHADOWBOX: A rhythmic cardio-intense workout that will have you throwing a flurry of kicks, elbows, knees, and punches to high energy music. The first half of the class will be kickboxing combinations on the heavy bag. The second half of the class is high speed shadowboxing with hand weights. Get ready to burn from head to toe, with this total-body, super cardio workout.

Equipment used: Boxing gloves, heavy bags, bands, dumbbells and body weight.

Class Length: 50 minutes

Level: Intermediate - Advanced

Styles: FIGHT & FLIGHT

CLASS DESCRIPTIONS

STRENGTH & ENDURANCE

CHEST, BACK & CORE (UPPER BODY): Pushing and Pulling is what this progressive resistance training workout is all about. The goal of this workout is strengthen, tone and tighten the major muscles of the upper torso. A variety of traditional and non-traditional strength training techniques will be used to challenge your upper body to improve week after week.

Equipment used: Dumbbells, barbells, bands, med balls, kettlebells and much more!
Class Length: 50 minutes
Level: Intermediate - Advanced
Styles: LIFT + FLIGHT

LEGS & CORE: Strengthen and tone your quads, hams, glutes and calves like never before. A variety of traditional and non-traditional strength training techniques will be used to push your lower body to the limit.

Equipment used: Dumbbells, barbells, bosu balls, med balls, kettlebells, TRX and much more!
Class Length: 50 minutes
Level: Intermediate - Advanced
Styles: LIFT + FLIGHT

IX360 TOTAL-BODY: Head-to-Toe. 360 degrees. A comprehensive workout that leaves no stone unturned. Squat, push, pull, jump, and lift your way to a rock-hard body. A variety of traditional and non-traditional strength training techniques will be used to challenge your entire body.

Equipment used: Dumbbells, barbells, bosu balls, med balls, kettlebells, TRX and much more!
Class Length: 50 minutes
Level: Intermediate - Advanced
Styles: LIFT + FLIGHT

BUTTS & GUTS: Build a rock-hard rump and a chiseled torso. Enough Said.

Equipment used: Dumbbells, barbells, bosu balls, med balls, kettlebells, TRX and much more!
Class Length: 50 minutes
Level: Intermediate - Advanced
Styles: LIFT + FLIGHT

HEARTCORE: Strengthen your heart, burn calories, improve your energy and chisel your core in this high intensity conditioning class that is all about the HEART & CORE!

Equipment used: Agility ladders, bosu balls, medicine balls, bands, bodyweight, TRX and much more!
Class Length: 50 minutes
Level: Beginner - Advanced
Styles: LIFT + FLIGHT

MUAY THAI: Earn Your Black Belt in Kickboxing! Muay Thai is the Thai Kickboxing martial art of 8 limbs. Muay Thai Kickboxing uses boxing, elbow strikes, knee strikes and kicks as weapons. This system provides stress relief, strength, cardiovascular fitness, self-defense and it is extremely fun. Emphasis is placed on proper kickboxing technique and self-defense. To progress in ranking a belt test is given every 16 classes. All levels welcome.

Equipment used: Focus mitts, thai pads, heavy bags, kicking paddles,
Class Length: 60 minutes
Level: Beginner - Advanced
Styles: FIGHT

MOTIVATION

At IntensityX3, we believe that motivation is the single most important variable to transforming your health. It's motivation and a healthy mind that pushes you to exercise when you're not having a great day. It's motivation that keeps you from eating that late night snack. It's motivation that keeps you going even when you want to quit.

So what *is* motivation? It is the inner power that pushes you toward taking action and toward achievement. Motivation is powered by desire and ambition, and therefore, if they are absent, motivation is absent too. A motivated person takes action and does whatever they need to achieve the goal.

Motivation becomes strong when you have a vision: a clear mental image of what you want to achieve, and also a strong desire to manifest it. In such a situation, motivation awakens inner strength and power, and pushes you forward toward making your vision a reality.

Motivation is one of the most important keys to success. When there is lack of motivation, you either get no results, or only mediocre ones, whereas, when there is motivation, you attain greater results and achievements.

In my experience, a motivated person is a happier person, more energetic, and sees the positive end result in his or her mind.

9 TIPS FOR STRENGTHENING YOUR MOTIVATION

1. Set a goal. If you have a major goal, it would be a good idea if you split it into several minor goals, each small goal leading to your major goal. By dividing your goal into several, smaller goals, you will find it easier to motivate yourself, since you will not feel overwhelmed by the size of your goal and the things you have to do. This will also help you feel that the goal is more feasible, and easier to accomplish.
2. Understand that finishing what you start is important. Hammer into your mind that whatever you start you have to finish. Develop the habit of going to the finish line.
3. Socialize with achievers and people with similar interests or goals, since motivation and positive attitude are contagious. Associate with motivated people, who share your interests.
4. Never procrastinate anything. Procrastination leads to laziness, and laziness leads to lack of motivation.
5. Persistence, patience and not giving up, despite failure and difficulties, keep the flame of motivation burning.
6. Read about the subjects of your interest. This will keep your enthusiasm and ambition alive.
7. Constantly affirm to yourself that you can, and will succeed.
8. Look at photos of things you want to get, achieve or do. This will strengthen your desire and make your subconscious mind work with you
9. Visualize your goals as achieved, adding a feeling of happiness and joy.

Remember, if transforming your health and body is really important, going through the above steps will strengthen your motivation, and keep you going forward.

RECOVERY

Let me be perfectly clear. This journey will be mentally tough as well as physically painful. To overcome the physical pain of exercise you need to understand *why* your body is experiencing pain as well as strategies for recovering.

Exercise is simply controlled stress to your body. Through repetitive exercise (stress) you are essentially breaking your body down to be built back up. Through proper recovery and healing your body acts to adapt to this stress. It's this adaptation process that makes us leaner, stronger and healthier than the day before. The thing is... If you don't allow yourself to adequately heal, you will never reach your potential. Just as exercise is a science, so too is recovery and healing.

NUTRITION

With proper nutrition our bodies will heal faster. The reverse is true with inadequate nutrition: Our bodies will heal slower or just not at all. When this healing process is slowed or in some cases even stopped, you can never truly transform your body and your health.

SLEEP

Everyone who has transformed their body gets adequate sleep. Getting proper sleep is absolutely essential to the healing process. This one is simple and will produce dramatic health benefits. Get 7-8 hours of sleep per night and you WILL be rewarded with better health and better results. Ignore your body's need for sleep and you will undoubtedly be damaging your health. A recent study actually confirmed that when we get inadequate sleep, our brain cells are irreversibly damaged and in many cases die! If that doesn't motivate you, I don't know what will. I could go on and on about sleep, but I think you get the point.

SUPPLEMENTS

There are certain supplements that have been proven to speed recovery time and decrease pain between workouts. Here are a few of our tried and true: Protein, BCAA's, Glutamine, creatine, vitamin C & Vitamin E. Your recovery time will be much better and so will your results. However, it is our position that if you aren't sleeping enough or eating properly that supplements won't help you. First and foremost, get your sleep, nutrition and workout habits down before considering supplementation. Once you have mastered the fundamentals, you can then consider taking your body to the next level with the use of supplements. Too often people try to use supplements as a magic wand to get results and to avoid working hard. This type of attitude will always result in failure. Ditch the shortcut attitude and focus on making real change in your daily habits.

WATER

Drink plenty of water. Water is involved in every metabolic process in the body, and without it, you will recover much slower. Hydration is crucial to optimal health and is probably the simplest thing you can do to feel more energetic and to recover from intense workouts. A 2005 study published in "Journal of Athletic Training" found that dehydration can increase the severity of delayed onset muscle soreness. In some people, dehydration may even *cause* this muscle pain. If you drink water before and after exercise, though, you might be able to limit this painful condition.

TRACKING YOUR RESULTS

“BEFORE” & “AFTER” PHOTOS

Don't discount the power of a before and after photo shoot. These photos are amazing motivators. Especially for those who truly transform their bodies. A simple reminder of what life used to be like with your “BEFORE” photo is enough to keep most people on track for life. I had one client that even put her before picture on her fridge to remind her every time she went to get food. It worked brilliantly.

The trick with the before photo is to not be afraid to show skin. Essentially, the more you show, the more you'll know. Wear a swimsuit, underwear, or something comparable so you can see where you need the work, and where you're making progress.

Make sure to take your first series of photos before your next class and follow these simple guidelines.

1. Stand in front of a plain background.
2. Take a few front shots with your biceps flexed or hands on your hips.
3. Take a few side shots with your hands at your sides.
4. Take a few back shots with your biceps flexed or on your hips.
5. Don't suck your stomach out or push it out. You want to be as honest as possible.
6. Repeat once per month to track your changes. Sometimes results can be subtle when you see yourself in the mirror everyday, but when you look back at one month, two months or more you will be blown away by the transformation!

CHALLENGES

Throughout the year iX3 holds several workout & Nutrition challenges to help you push yourself to the limit and to help track your progress. We will keep you posted with all of the challenges and give you plenty of time to mentally prepare.

BODY FAT MEASUREMENT

The scale doesn't tell the whole truth. Measuring weight loss on a scale doesn't differentiate between muscle loss or fat loss. For that reason, we prefer to measure body fat %. Throughout the year (every 90 days is our preferred frequency) we will measure your body fat % using the bioelectrical impedance method as well as the skin-fold caliper method.

SUBMIT YOUR SUCCESS STORY

If iX3 has helped you to overcome personal obstacles to transform your body, mindset and life for the better, you could be featured as our next IntensityX3 Success Story. We love to reward our members for sharing their stories with us. Plus, sharing your success story is a great way to encourage your family and friends to follow in your footsteps.

GET SOCIAL AT INTENSITYX3

You are the average of the people you spend the most time. The company you keep has a positive or negative impact in your life. When you spend time with positive people who partake in positive habits, they tend to rub off on you. This is one of the major factors that contribute to the great success we have with transforming our members bodies and lives. If you are not interested in connecting with people at IntensityX3, we certainly won't force that on you. However, if you would like to create a new and healthy network of positive and healthy people, this is a great place to do it. Throughout the year we hold all types of events both inside and outside the gym. These events help to you to connect and make friends. Bottom line is, there is way more to changing your lifestyle then just joining a gym. Making friends and socializing with healthy people can make all the difference with your success.



GET REWARDED



REFER A FRIEND. GET POINTS.
ATTEND CLASSES. GET POINTS.
ATTEND EVENTS. GET POINTS.



**RECEIVE EMAIL
INVITATION**



**REGISTER ONLINE
PERKVILLE.COM**



**EARN
REWARDS**

INTENSITYX3 LEVELS

GET FIT. EARN POINTS. INCREASE YOUR LEVEL.

LEVEL 1: 360 pts

- + Earned Not Given Tank / T Shirt

LEVEL 2: 540 pts

- + iX3 LEVEL 2 Certificate of Achievement
- + (1) 30-minute Private Kickboxing Lesson or Personal Training
- + iX3 wrist wraps (since you're probably hitting that bag a lot harder, we thought you might need the wrist support!)

LEVEL 3: 720 pts

- + iX3 LEVEL 3 Certificate of Achievement
- + Brand New iX3 Boxing Gloves (yours probably stink by now!)

LEVEL 4: 900 pts

- + iX3 LEVEL 4 Earned Not Given Medal of Achievement!

LEVEL 5: 1080 pts

- + GOLDEN iX3 BOXING GLOVES!
- + (3) 30-minute Private Kickboxing Lessons or Personal Training
- + Earn a spot on the iX3 Wall of Fame!
- + Access to LEVEL 5 Rewards!
- + Bragging Rights!

POST LEVEL 5 REWARDS

- + 1hr private training 1260 pts
- + iX3 Seminar 1260 pts
- + Leather Gloves 1260 pts





Healthy Menu

for weight-loss, muscle building & optimal health



Breakfast

VEGGIE OMELET

2-4 whole Organic omega-3 eggs

(Yes, you can eat the yolk!)

Cooked with 1 tbsp. of Organic unsalted Butter, 1 oz. of cheese and unlimited Tomatoes, spinach, mushrooms, onions and bell peppers
Served with 1 cup of mixed berries.



SCRAMBLED CHEESY EGGS

2-4 whole Organic omega-3 eggs

1-2 oz. of your favorite cheese

Cook in 1 tbsp of Organic Unsalted butter

1 cup of mixed berries

CHICKEN FOR BREAKFAST!

6oz. grilled chicken breast

½ avocado

2 tbsp. of salsa

PROTEIN POWDER OATMEAL

½ cup of organic oatmeal

25-35 grams of whey protein powder

1 cup of water

1 tbsp of organic almond butter

1 handful of berries

Cinnamon to taste

Stevia to taste

EGGS AND CHICKEN

1 whole Organic Omega-3 egg

4 oz. organic ground chicken

1 piece of fruit

GREEK YOGURT PARFAIT

1 cup of whole greek yogurt

1 cup of mixed berries

Small handful of chopped walnuts



Lunch & Dinner

SUN DRIED CHICKEN & VEGGIES

6oz. grilled chicken breast
3 oz. sun-dried tomatoes
2 cups steamed vegetables
Sprinkle with 2 tbsp parmesan cheese

SMOKED SALMON SALAD

4oz. smoked salmon
2oz. gorgonzola cheese
Garden Salad mix
Unlimited veggies
Red wine vinaigrette

CHICKEN SALAD

4-6oz. organic chicken breast
2 tbsp. of greek yogurt (no mayo)
A pinch of pink himalayan salt
Ground black pepper
Chopped celery
Large bed of greens
Sliced apple or handful of grapes
unlimited veggies



STIR FRY

6oz. chicken, shrimp or steak
Sauteed in 2 tbsp. of coconut oil
2 cups of mixed veggies
Snow peas, broccoli, bean sprouts, water chestnuts
3/4 cup of cooked brown rice

ROASTED SALMON

4-6oz. roasted organic salmon
1 cup of steamed veggies
Olive oil
Pinch of pink himalayan salt
Add spices for taste preferences
3/4 cup cooked quinoa

TURKEY BURGER (NO BUN)

1 Organic turkey burger patty
1 slice of organic cheese
Unlimited tomatoes, onion, lettuce
1 small sweet potato

Vegetarian Suggestions

LACTO-OVO OPTIONS

SPICY BROCCOLI OMELET

1 omega 3 egg and 5 whites
1/3 cup each: broccoli, peppers, and
onions sautéed in
1tbsp. coconut oil
1 oz. shredded cheese (optional)

EGG SALAD

1 omega 3 egg and 5 whites
1-2 tbsp. olive oil mayonnaise and
1 tbsp. mustard
Large mixed green salad with chopped
veggies

STUFFED TOMATO

1 large tomato, halved and stuffed with:
1 cup low or nonfat cottage cheese
Chopped parsley or scallions
3 Wasa Crackers



COTTAGE CHEESE SALAD

1 cup low or nonfat cottage cheese
Large mixed green salad with chopped
veggies
Closed handful of chopped walnuts

SPAGHETTI SQUASH

1 cup spaghetti squash
1/2 cup organic marinara sauce
1 tbsp. shredded mozzarella cheese

TOFU STIR FRY

8 oz. sauteed diced tofu
2 tbsp. of peanut oil
1/4 cup each: snow peas, onion, broccoli,
water chestnuts
Sprinkle with low sodium soy sauce to
taste

GOLDEN GREEK GRILLED CHEESE

Whole wheat pita
1 tbsp olive oil
1oz feta cheese
1 large tomato
1 tbsp finely chopped fresh oregano or
asil
Black pepper

Protein Shakes

PEACHES AND CREAM SHAKE

8 oz water
1 ripe, peeled peach
1 tbsp. low fat greek yogurt
1 scoop of vanilla protein powder

BLUEBERRY SHAKE

8 oz water
1 cup of blueberries (fresh or frozen)
2 tbsp. low fat greek yogurt
1 scoop of vanilla protein powder

CHOCOLATE COVERED ALMONDS

8 oz water
2 tbsp. all natural almond butter
2 tbsp. plain yogurt
1 scoop of chocolate protein powder

BANANA NUT CHOCOLATE CHEESECAKE

8oz unsweetened almond milk
1 banana
1 tbsp. all natural peanut butter
2 tbsp. non-fat cottage cheese
1 scoop of chocolate protein powder

MEAL REPLACEMENT SHAKES

*Contain the necessary amount of
carbohydrates, protein and fat to
replace any meal*

AUTUMN SPICE SHAKE

8 oz water
1 cooked, peeled sweet potato
½ tsp. cinnamon
½ tsp. nutmeg
1 oz. walnuts
1 scoop of vanilla protein powder



SNACK SHAKES

ICED COFFEE SHAKE

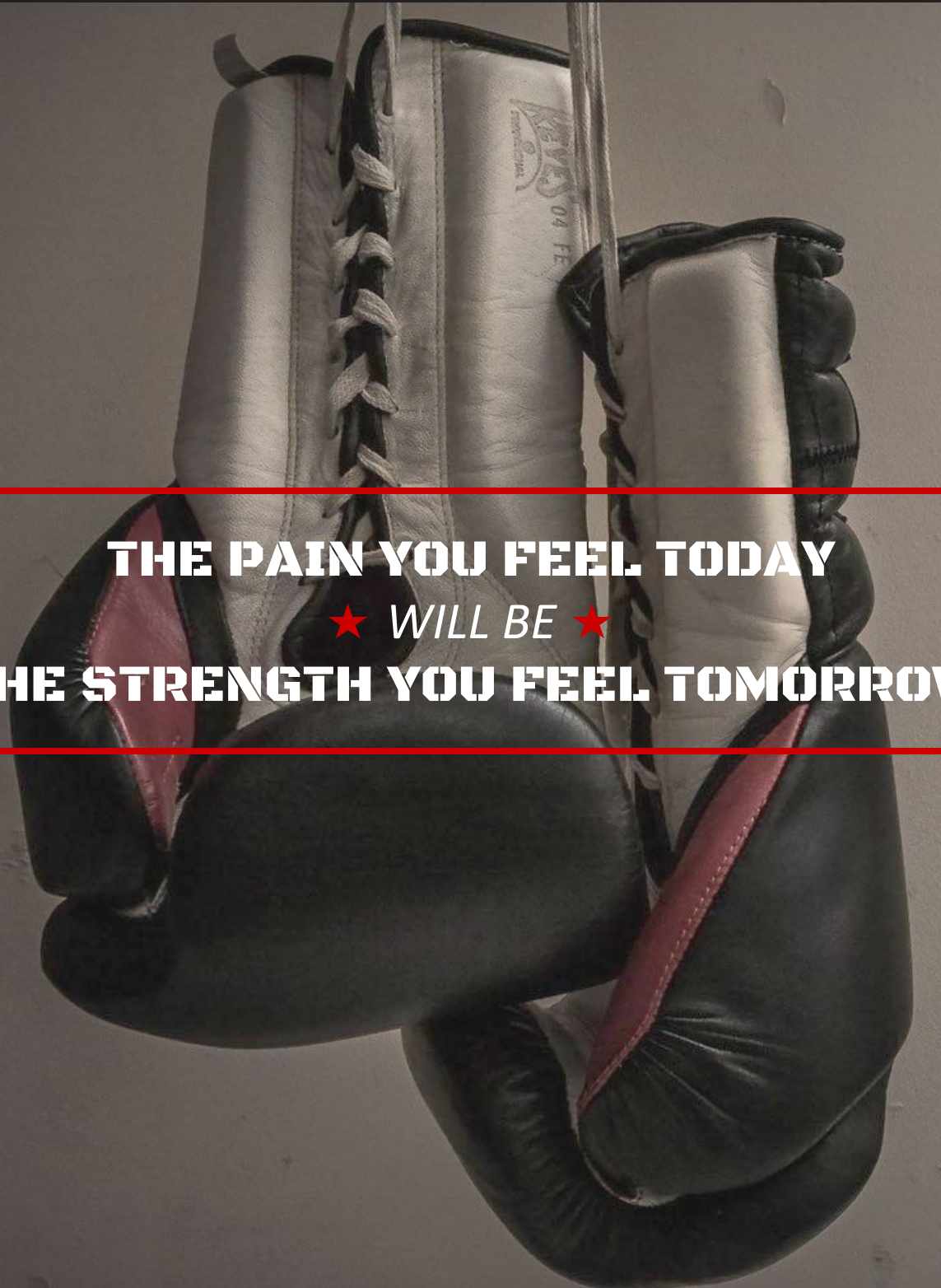
8 oz black iced coffee
2 tbsp. organic half and half cream
1 scoop of vanilla protein powder

APPLE PIE SHAKE WITH PECANS

8oz water
1 cored, peeled and heated apple or
apple sauce
½ tsp. cinnamon
½ tsp. nutmeg
1 oz. pecans
1 scoop of vanilla protein powder

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FITNESS & KICKBOXING



THE PAIN YOU FEEL TODAY
★ WILL BE ★
THE STRENGTH YOU FEEL TOMORROW

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