

5 WEEK FAT LOSS

Leaner, stronger & more energy in 5 weeks or less





What is the programme?

Our 5 week programme combines personal training, nutrition, and 3 workouts per week in our private training facility at Eridge Green, Tunbridge Wells / Crowborough.

- Increase Strength and fitness
- Learn new exercises to accelerate your results.
- Learn a fresh approach to nutrition to accelerate fat loss and increase lean mass gains
- Succeed with support throughout from our award winning personal trainers, with over 15 years experience in the fitness industry

All progress is regularly monitored by our state of the art Fit3D Scanner



When are the workouts?




Our programme is bespoke to each applicant. For the weekly workouts, there are three options:














- 1. Indoor and Outdoor Bootcamps.**
- 2. Zone workouts (in this you will complete a workout which we design for you, independently, in a dedicated zone in our facility.)**
- 3. Personal training (additional cost).**

You can complete a combination of the above to build your fat loss exercise programme. Most clients attend 1-2 x bootcamps per week, and 1-2 x zone workouts per week.



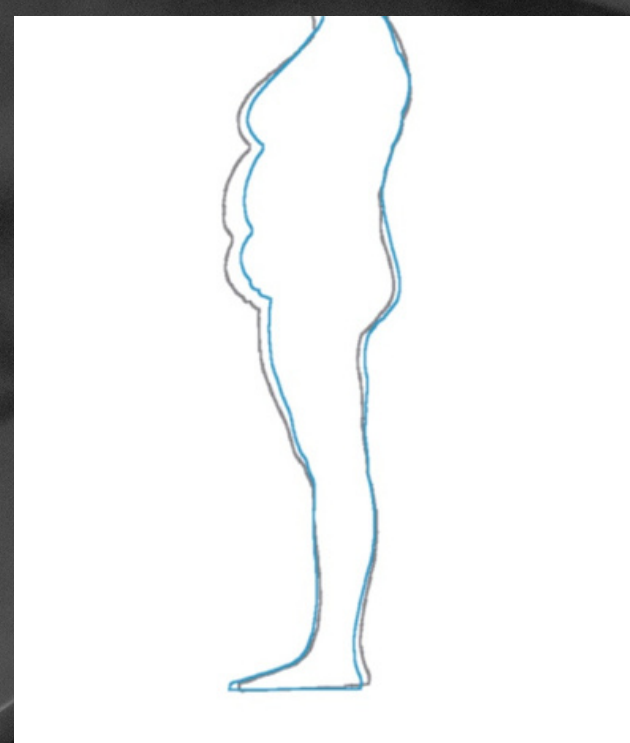
Bootcamp timetable:

IPTFitness Ltd CLASS CALENDAR  Strength training workout with HIIT  HIIT/Fat loss workout  Bring your baby/child

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---|--|--|---|--|--|---|
| Morning |  9.30am Outdoor Bootcamp <hr/> 10.30am  BUGGY-HIIT Bootcamp | |  7am Indoor Bootcamp <hr/>  9.30am Indoor Bootcamp <hr/> 10.30am  BUGGY-HIIT Bootcamp | |  9.30am Outdoor Bootcamp <hr/>  10.30am BUGGY-HIIT Bootcamp |  9.00am Outdoor Bootcamp |  9.00am Indoor Bootcamp |
| | Evening |  7pm Indoor Bootcamp |  7pm Indoor Bootcamp |  6.15pm Indoor Bootcamp |  7.30pm Indoor Bootcamp | | |
| Zone & PT | 6am-9pm | 6am-9pm | 6am-9pm | 6am-9pm | 6am-9pm | 6am - 2pm | 8am - 12pm |



Fit3D Scan & Nutrition



Following your Fit3D scan you will know:

1. Your weight, body fat percentage, and full circumference measurements
2. Your BMR - calories your body burns at rest
3. Using this information, we will provide you with nutritional advice to optimise your body fat percentage. We will also provide you with a sample weekly meal planner and shopping list, and a calorie and macronutrient breakdown.



yum!

Day One



DAILY CALORIE ALLOWANCE
1400 calories 1800 calories 2200 calories

Meal 1 (Breakfast)

Tasty Veg Pizza (recipe on p.1)
2 sli
1 Cup of Green Tea or Hot Water with the Juice of 1 Lemon

Meal 2 (Snack)

Protein Heaven Bar (recipe on p.2)
1 ba

Meal 3 (Lunch)

Smoked Mackerel 80g
Homemade slaw (recipe on p.3) 1 po
Cherry Tomatoes, halved 5 to
Avocado, sliced 30g
1 Cup of Green Tea

Meal 4 (Snack)

Medium Sized Kiwi Fruit 1 kiv
Whole Almonds 10 a

Meal 5 (Dinner)

Mediterranean Chicken (recipe on p.4) 1.5 s
Baked Sweet Potato With Skin 100g
Boiled or Steamed Broccoli 75g

Meal 6 (Snack)

Blueberries 50g

1487
102g
64g
124g

Shopping List



1800 Calories

spices / seasonings

1 pot Himalayan pink salt*
1 packet cumin seeds
1 pot paprika
1 packet dried oregano
1 pot sea salt flakes
1 pot black pepper
1 pot ground cumin
1 pot cayenne pepper
1 packet curry powder
1 pot garam masala
1 packet meat masala
1 pot ground turmeric
1 packet dried thyme
1 pot Thai 7 spice seasoning
1 pot cinnamon

nuts and seeds

1 small bag whole almonds
1 small bag brazil nuts
1 small bag cashew nuts
1 small bag ground almonds
50g flaxseed

dry goods

3 x 400g tin chopped tomat
1 x 400g plum tomatoes
1 x 400g tin kidney beans
1 x 100g tinned mixed bean
1 x 100ml tin coconut milk
80g pack brown basmati rice
30g organic raisins
20g pitted dates

* found in health stores and
** gluten-free versions avail

1 small pack unsweetened coconut flakes
50g low fat mayonnaise
1 tube tomato purée
1 packet organic chicken stock cubes**

Chicken meatballs



350g chicken breast, diced
1 carrot, grated
2 garlic cloves
100g fresh coconut, grated
1 egg
2 tsps curry powder
½ tsp salt
handful fresh parsley or coriander
10g coconut oil

MAKES 20 MEATBALLS

NOTE:
These are also ideal as a portable snack or post workout protein fix.

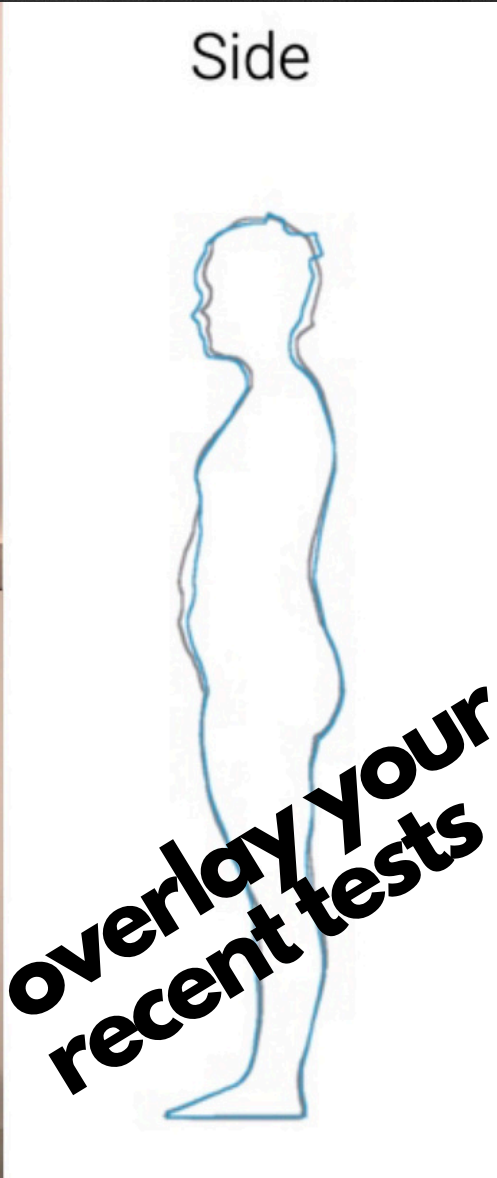
These can be stored in the fridge for up to 4 days.

Put everything except for the coconut oil into a food processor and whizz into a smooth paste. Using your hands, form 20 meatballs.

In a large pan, melt the coconut oil over a high heat. When the oil is hot, put the meatballs in the pan and cook for 2 minutes. Roll each meatball over and cook for a further 5 minutes.

Reduce to a medium heat, cover the pan and cook for a further 6-8 minutes.





See yourself in 3D

FITNESS Wellness Metrics

- Results
 - Scan
 - Wellness
 - Posture
 - Balance
 - Measurements
 - Printable
- Comparison
- Glossary

Body Shape

BODY FAT PERCENT
26.31%

WEIGHT
150 lbs

FAT MASS
39.5 lbs

LEAN MASS
110.5 lbs

Body Composition

What is it?
Body fat percentage is the user's total fat mass divided by the total body mass. Fat is an essential component of the body, however, too much body fat can negatively affect overall health. [Read More.](#)

How do I compare?
The chart below shows how you compare against recommended healthy ranges as well as how you compare to other Fit3D users with your same gender and similar age.

SCAN INFO

2017-09-04 (10:34 AM)

Status: Complete

Indoor Gym:



Outdoor training barn:



Meet Your Trainers:



Mase



Aimee



Charlie



Yanina

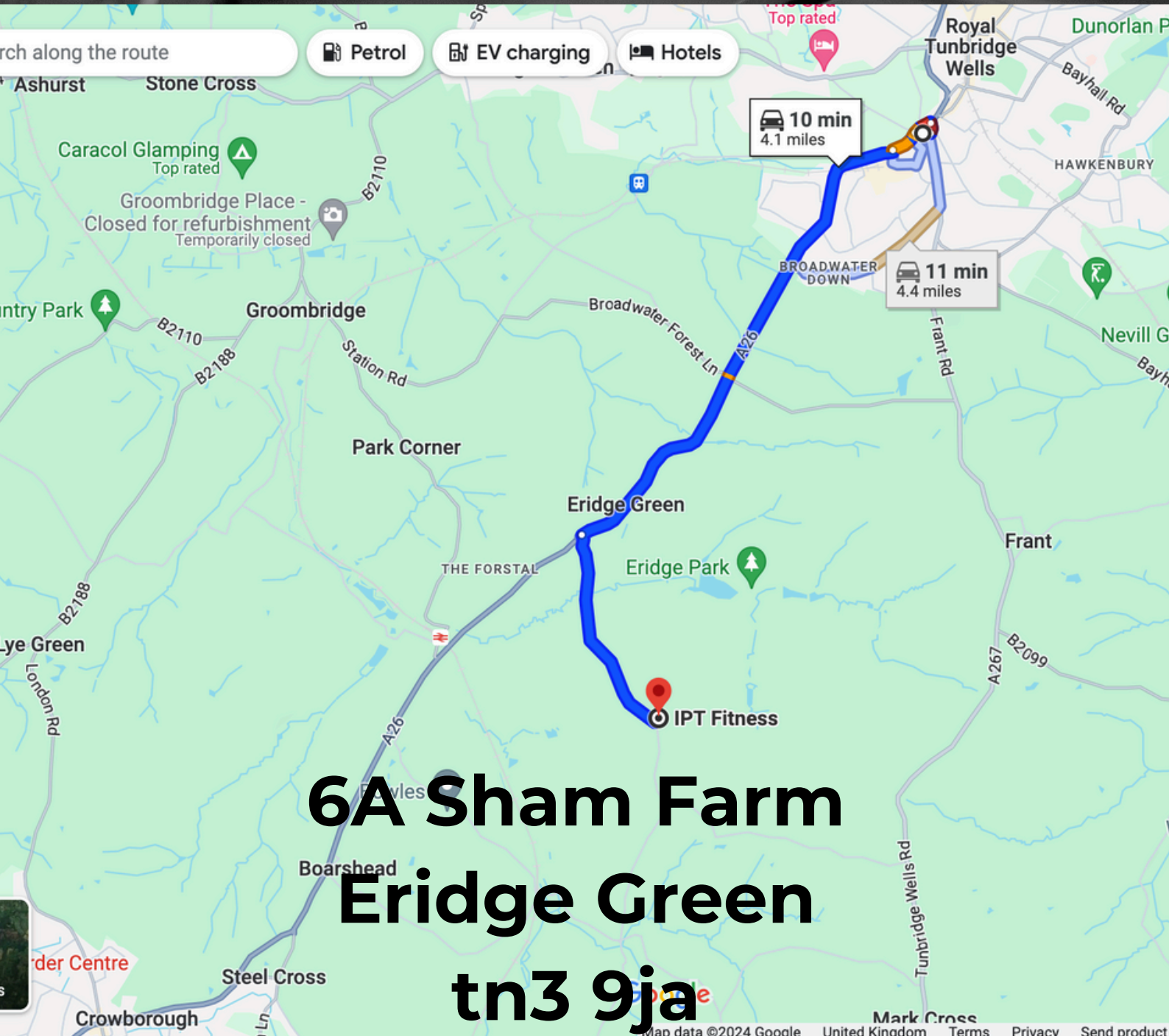


Tom



Vanessa

Where we are:



Plentiful free carpark

15 Spaces Available per Month.



Scan to pay



£199.99 Click to Book!

Client Testimonials:



Cheryl:

WEIGHT LOSS = 8KG (1 1/4 STONE),
BODY FAT LOSS = 5.3%,
WAIST REDUCTION = 8.5CM

'I can't recommend IPT Fitness enough. The 5week programme they offered was just what I needed to kick start a well overdue health and fitness overhaul. Overall I lost 1 & 1/4 stone, 5.3% body fat, and reduced my waist by 8.5cm! The 360 3D scanner at the gym was an added incentive in the programme, as it gave you all the stats of your measurements/weight etc and updates throughout the process to provide goals to work to. Aimee and Mase are very welcoming and encouraging as well as putting you through your paces and providing you with the tools to improve your overall health and fitness levels. The nutrition advice from Aimee was invaluable and has changed my mindset for the better, as well as the weight loss achieved. Also the group sessions made the exercise more fun and along with advice for remote exercises was a winning combination to achieving my personal goal and losing weight above my expectations.'



Harry

'Having been an avid gym go-er over ten years ago, I like many people, had let my physical condition/shape deteriorate over a number of years. When I did have stints of gym membership, these were always short lived.

I have personally known Aimee and Mase for a number of years and I have always been impressed with their professionalism and more importantly, their dedication to helping their clients achieve.

After sitting down with Aimee and discussing what I wanted to get out of my training, I made it quite clear that I have never paid close attention to by diet and typically always trained the areas/movements that I was good at.

From our first session I quickly realised that I was going to achieve the results I wanted. However, I wasn't aware of how just how quickly this could be done. This is simply down the great programming, the constant dietary guidance and regular monitoring. All I had to do was turn up!

In my experience most people quit training because they do not have the accountability that comes with having a personal trainer. Knowing full well that I would have fortnightly body fat testing/scanning meant that I was always focused on the decisions I made in and out of the gym.

I would recommend IPT to anyone who is willing to delegate responsibility and put in the work. You won't fail.'

Harry



Helen

“I have been training on and off for a number of years, most of the time with a personal trainer. But I never felt I was making the progress the time, effort and money warranted until I started training with IPT.

Mase is a fantastic personal trainer, knowing exactly how hard to push you so you feel like you are working hard (very hard!) but everything is still achievable. I have never before made such fantastic progress.

The nutritional support from Aimee has been a massive help. Previously I was always just been given vague advice about what to eat, but to be given such detailed guidance from Aimee has been a breath of fresh air.

This attention to detail is what sets IPT apart from other gyms. Everything is planned and organised and this is exactly what I have been looking for for years but never found. I could never have made this progress without Mase and Aimee and am looking forward to seeing what comes next.”



Alex

“Massive thanks to Aimee who has provided me with comprehensive diet and workout plans for the last 9 months. Aimee invested a lot of time understanding my goals and really spends time designing workouts which are challenging and varied. It has been quite a journey and Aimee has been first rate throughout.

If you want results I really urge people to go to IPT, they know what they are doing, they are miles apart from their competitors and it is money well spent.

Thanks again, now onto my next set of goals with you!”



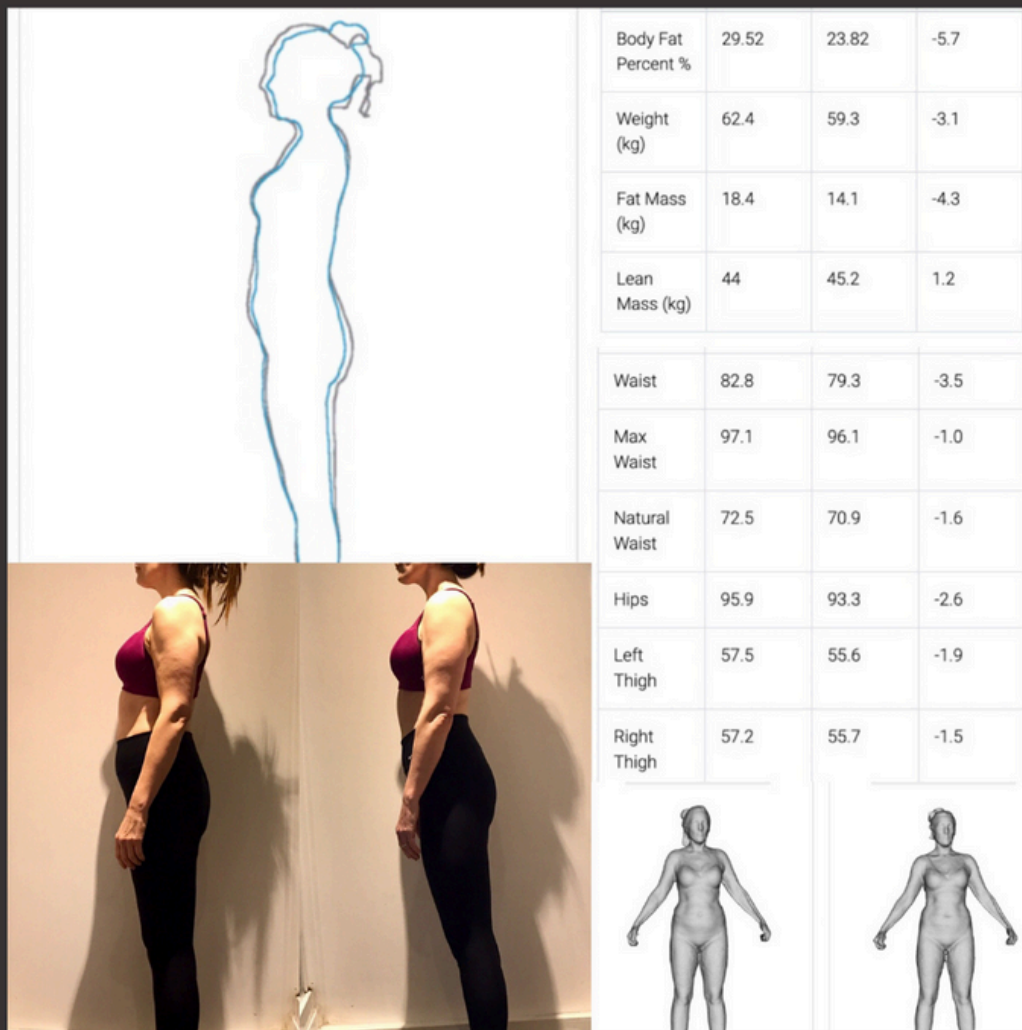
Emma

"I initially booked a session for my husband Paul and I back in March this year. At the time I was a little concerned about my husband's diet and lack of fitness but I too was guilty of eating and drinking the wrong things, so decided enough was enough.

Aimee was brilliant from the first phone call. After the consultation, initial photos and body fat tests we were shown just what would be expected as Aimee ran us through our first workout. From then on we saw Aimee on a regular basis, each time getting weighed and measured followed by another gruelling workout. It was tough but the results were immediate.

Aimee helped develop a program that we could carry out at our gym at home so there were no excuses for missing a session. Unfortunately two months ago I was involved in a nasty car accident in which I was injured. This really put a stop to the vast majority of the exercises IPT had provided but that didn't stop Aimee. She took the time to listen carefully to the medical advice I had been given and even recommended some exercises to help strengthen my back. That paired with a diet tailored for my needs meant I was still able to move forward positively. Without Aimee I would have probably just given up.

The results are amazing. For the first time I am actually confident about how I look. As a mum I had a stigma about my tummy and baby weight that has now gone completely. Bring on my holiday I can't wait to get into my bikini and flaunt my new 'yummy mummy' status."



Claire

'I've just completed the five week fat blast challenge at IPT. This included using the 3D Fit Scanner and three HIT sessions per week. The sessions were hard but fun – Aimee and Mase really know how to get the best out of you. Nutritional guidance and support from Aimee throughout the five weeks helped me enormously to stay on track of my diet. With a 3D scan every two weeks, the tracking tools enabled me to see the progress I was making, not just in weight loss but inches, lean mass, body shape and wellness. After five weeks, I was delighted to discover that I'd lost 7lbs in weight and 5% body fat! Amazing! I also felt stronger both physically and mentally. This is undoubtedly the most effective training I have done to date and I would highly recommend the IPT Fitness five week fat blast challenge!'

Read more of our client success stories. Will you be next....?



Sign Up