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**EXCLUSIVE
4X4
WORKOUTS**

- 5.06.18 9 a.m. Arden, South Reno
- 5.20.18 9 a.m. Roseville, Sparks
- 6.01.18 7:30 p.m. Natomas, S. Reno
- 6.16.18 11 a.m. West Sac, Sparks
- 6.23.18 10 a.m. Natomas, Sparks

**FINAL
FINISHER
FUN**

6.23.18 10 A.M. NATOMAS & SPARKS

On Saturday June 23rd all participants will be invited to the final workout which will include an out of this world obstacle course, run and workout.

Team Trophies will be awarded to top teams in a variety of categories and this workout will be worth 25 points per team member present.

RESULTS
TRANSFORMATION CENTER



**OVER \$10,000
IN PRIZES!**

OVERALL WINNERS:

- 1st place \$2,000 cash
- 2nd place \$1,000 cash
- 3rd place \$500 cash

TOP TEAM PER LOCATION:

- 1 Month Free Per Team Member & Physx Supplement Pack

POINT BREAKDOWN & CATEGORIES

- 1. MOVEMENT:**
Every workout you complete during the program period earns **1 Point** (tracked by APP/ Sign Ins)
- 2. EFFORT:**
Wear your myzone for all active periods (in & outside of the gym) Every 100 MEP's = **1 Point**
- 3. TRANSFORMATION:**
1 pound = **5 Points** Weight loss: slow and steady or of the charts & rapid, every pound counts! (tracked via oicial weigh in 4/28 & weigh out 6/23)
- 4. TEAM WORK:**
T.E.A.M. Together Everyone Achieves More. Total of 4 Team workouts scheduled throughout the program.
 - First 3 workouts will be scored as follows: **5 Points** per Team Member Present - for a maximum of **20 points**
 - Final workout will be scored as follows: **25 Points** per Team Member Present- for a maximum of **100 Points** per team.

MY GOALS & COMMITMENTS

DURING THE 4X4 TEAM CHALLENGE

CATEGORY 1 : MOVEMENT

Workout a total of ____ times for ____ weeks = ____ POINTS

CATEGORY 2 : EFFORT

Complete ____ MEPs per workout * ____ workouts = ____ POINTS

CATEGORY 3 : TRANSFORMATION

Lose a total of ____ pounds = ____ POINTS

CATEGORY 4 : TEAM WORK

Make it to ____ out of 4 workouts = ____ POINTS

PORTION CONTROL GUIDE

**FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.**

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb



**HERE'S HOW
TO USE THIS
METHOD
TO BUILD
A PLATE**



Men:
Two palm-sized portions
(~ 40-60 g protein)

**STEP
1**

PROTEIN

Meat, fish, eggs,
cottage cheese,
and Greek yogurt



Women:
One palm-sized portion
(~ 20-30 g protein)



Men:
Two fist-sized portions

**STEP
2**

VEGETABLES

Broccoli, spinach,
salad, carrots, etc.



Women:
One fist-sized portion



Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)

**STEP
3**

CARBOHYDRATES

Grains, starches,
beans, and fruits



Women:
One cupped-hand sized portion
(~ 20-30 g carbs)



Men:
Two thumb-sized portions
(~ 15-25 g fat)

**STEP
4**

FATS

Oils, butters,
nut butters, nuts,
and seeds



Women:
One thumb-sized portion
(~ 7-12 g fat)

Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

NOW, CUSTOMIZE THE PLAN FOR YOU

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal).
Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

From there, adjust the number of portions to meet your personal needs and goals.

IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't feeling satisfied at meals
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are feeling too full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight
- Aren't getting weight-loss results

...THEN START BY ADDING...

Men: 1 cupped handful of carbs and/or
1 thumb of fat to a few meals each day.
Women: 1/2 cupped handful of carbs and/
or 1/2 thumb of fat to a few meals each day.

...THEN START BY REMOVING...

Men: 1 cupped handful of carbs and/or
1 thumb of fat from a few meals each day.
Women: 1/2 cupped handful of carbs and/
or 1/2 thumb of fat from a few meals each day.

This system is easier than counting calories and nearly as accurate.
Just like with counting, though, pay attention to results and adjust as needed.

For the full article explaining this infographic:
<http://www.precisionnutrition.com/calorie-control-guide>

Pn PrecisionNutrition