



GYMGUYZ Silicon Valley

WINTER TRANSFORMATION CHALLENGE

OFFICIAL RULES — 2025–2026

👉 *Hit your goal → Get your money back.*

[Sign up here](#)



PROGRAM OVERVIEW

Welcome to the 12-week GYMGUYZ Winter Transformation Challenge — a high-accountability program designed to help you build momentum, improve performance, and transform your body before 2026.

Program Cost: \$3,600
(Pre–January 2026 pricing)

If you complete the challenge and hit your goal, you receive:



100% Cash Refund

OR



100% Training Credit

Good toward:

- 6-month program
- 12-month program
- Semi-private training
- Nutrition coaching

- Meal planning
 - Mobility & recovery
 - Chef meal prep add-ons
 - Yoga/stretch
 - Adaptive training & performance services
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HOW TO WIN THE CHALLENGE

To earn your refund or training credit, you must complete all three components:

1 Consistency — Complete All 24 Sessions

- 8 sessions per month for 12 weeks
- Reschedules allowed within the challenge timeframe
- No missed sessions

 *Consistency is the #1 predictor of transformation success.*

2 Progress — Hit Your Personal Goal

Your goal is chosen during your assessment. You may qualify by hitting **any ONE** of the following:

- Lose 3–12 lbs of body fat
- Gain 1–5 lbs of lean muscle

- Reduce 2–4 inches (waist, hips, or abdomen)
- Improve your YMCA fitness test category
- Increase strength benchmark (reps or weight)
- Improve movement/energy/performance criteria.

 *We only measure against YOU — everyone has a personalized target.*

Tracking — Complete Weekly Progress Calls

To ensure accountability, you must complete:

- **All 12 weekly progress calls**
(Zoom or phone call, 5–10 minutes)
- Before + after photos
- Start + finish measurements.
- Tracking ONE habit (steps, sleep, or meals)

 *Tracking is what makes transformations predictable.*



WHAT'S INCLUDED

- 24 in-home personal training sessions
- Personalized workout program
- Mobility & recovery support
- Strength & conditioning
- Weekly progress calls

- Body composition tracking
 - YMCA fitness benchmark
 - **Licensed dietitian meal plan** (included)
 - Access to optional upgrades
 - Weekly dietitian check-ins
 - In-home chef prep
 - Advanced mobility or recovery
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HOW TO START

1. Book your **assessment** using the link below
2. Choose your transformation goal
3. Begin your 12-week challenge



Assessment Link:



<https://calendly.com/gymguyz/gymguyz-fitness-assessment-clone>



CREDIT REDEMPTION EXAMPLE

6-Month Program: \$6,960

Training Credit Earned: \$3,600

Your Cost: \$3,360



Most participants choose training credit to continue into long-term coaching.



IMPORTANT NOTES

- All decisions are based on objective, trackable metrics
 - You must follow the agreed-upon plan
 - This challenge is designed to help you win
 - We are committed to your results
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YOU ARE SET UP TO WIN

Every part of this challenge is engineered to help you build momentum and start 2026 stronger than ever.

We can't wait to see your transformation.