



**1<sup>ST</sup>**

CLINTON BOURNE

**CONGRATULATIONS  
TO OUR 12 WEEK  
CHALLENGE  
CHAMPION  
CLINTON BOURNE  
10.8 KILOS LIGHTER &  
*RIPPED*  
**WELL DONE!****



**2<sup>nd</sup>**

ANGE GLASSON

**CONGRATULATIONS  
TO OUR 12 WEEK  
CHALLENGE  
RUNNER UP  
ANGE GLASSON  
SHE CHANGED HER  
SHAPE AND LOST  
13.3KG  
**WELL DONE!****

**3<sup>RD</sup>**



**BEK**

**CONGRATULATIONS TO  
OUR 12 WEEK  
CHALLENGE 3<sup>RD</sup> PLACE**

**BEK MACDONALD**

**TRANSFORMED HER  
BODY & LIFESTYLE &**

**LOST 15.8 KILOS**

**WELL DONE!**

**PERSISTANCE**

**AWARD**



**PETE YELLAND**

**THIS IS WHAT  
HAPPENS WHEN YOU  
JUST KEEP GOING  
PETE YELLAND**

**HE NEVER GAVE UP AND  
TOOK EVERYTHING ON  
BOARD LOSING A TOTAL  
OF 16KG**

**WELL DONE!**





CHARISSA



BOURNE



NICK HOLLINSHEAD



DAVE BOREHAM



*AT FIRST THEY'LL  
ASK YOU WHY  
YOU'RE DOING  
IT.....  
THEN THEY'LL  
ASK YOU HOW YOU  
DID IT....*

**MAKE  
THE  
WEEKS  
COUNT!**