

## **Lean & Mean Challenge 2025 Official Rules and information.**

Our 6 week challenge, kicking off January 22nd is designed to help motivate you to dial in your nutrition, improve body composition, increase performance, and cultivate a deeper understanding toward your training adaptations.

We will build a customized nutrition plan specific to you and your goals in our comprehensive workshops led by our Head Coach and professional nutrition specialist Tina Angelotti and Krav Maga and Jiu Jitsu Instructor Ross Cascio. In addition, we'll have some community fun through a bit of healthy competition. Here's how our Lean & Mean Challenge works.

### **EARNING PRIZES:**

It's a CHALLENGE so there's got to be some prizes. So, how do you earn prizes?? The participants with the most points accumulated in their division over the 6 week period are the winners. Simple as that. There's several ways to earn points.

### **MALE AND FEMALE DIVISIONS:**

The most points accumulated by each biological man and each biological woman will be the winners.

### **HOW TO EARN POINTS:**

1. Attend the Workshops - 10 points each
2. Completing the Before and After Performance Tests - 10 points for each.
3. Earn points for change in body composition through pounds lost or muscle gained.
4. Every KMW class you attend during the challenge earns you 1 point each.

### **WORKSHOPS:** (possible points - 30)

These are designed as interactive seminars to guide and support you through the journey of this challenge. There are 3 workshops for which you'll earn 10 points for every workshop you attend. You may attend on Zoom and still earn your points. The Zoom workshop will be recorded so you still have access to the lesson taught for that topic; however, you will not be able to earn points unless you are in attendance in person or over Zoom.

1. **Kick-Off and Basic Nutrition Training** - Building out your customized nutrition plan. Quantity, Protein, and Quality (setting a clear direction).
2. **Nutrition Training** - Advanced Material.  
How to make nutritional adjustments based on 1 week progress report.  
Nutritional performance and why nutrition trends work or don't work  
Recovery, Sustainability, Diet Pitfalls and Supplementation.
3. **Menu Hacking** - How to make any restaurant's menu work for you and your goals.

**PERFORMANCE TESTS:** (possible points - 20)

Another way to earn points is by completing your before and after performance tests. You'll earn 10 points for each workout completed.

**BODY COMPOSITION TESTING:** (possible points - uncapped)

5 Points for every pound of fat loss.

8 Points for every pound of muscle gain.

You can use any of the following Body Composition Testing facilities. You must submit your before and after results on or before 3/7.

(The fee for these tests are not included in the LEAN & MEAN registration fee)

DXA Scan - Body Spec - [BodySpec](#)

Hydrostatic - <https://www.bodyfattestla.com/>

InBody Scan - Any NutriShop - [Nutrishop](#)

We have arranged for Body Spec to come to our West L.A. training center with their mobile DEXA scan for the Lean & Mean Challenge on **Saturday, January 18** from 7:30 am - 2:30 pm.

If you want to have your first scan done via the mobile DEXA scan on the 18th, you can reserve a spot and pay in advance by clicking on the link below. Spaces are limited.

[https://events.bodyspec.com/krav\\_maga\\_worldwide\\_west\\_la/2025-01-18](https://events.bodyspec.com/krav_maga_worldwide_west_la/2025-01-18)

**CLASS ATTENDANCE:** (possible points - per our training center schedules)

You'll earn 1 point for every class you participate in at KMW.

You must be checked in at the front desk in order for us to keep record of your classes.

If you plan to take more than 1 class be sure to check in for both classes or you will not receive credit for both.

**WHEN & WHERE:**

Mark Your Calendars for the following important dates

**Official 6 Weeks - January 22 - March 9**

- **Body Composition Test #1** dated anytime **after Friday, January 17**
- **Challenge Kick-off & Workshop #1 - Wednesday, January 22** @ 7:30 pm (West LA or Online)
- **Performance Test 1 - Saturday, January 25** (West LA @ 8:15 am and 10:15 am) (Sherman Oaks @ 10:30 am)

- **Workshop #2 - Wednesday, January 29 @ 7:30 pm** (West LA or Online)
- **Optional Check-In - Wednesday, February 5 @ 7:30 pm** (Online)
- **Menu Hacking Workshop - Saturday, February 22 @ 2:00 pm**
- **Performance Test 2 - Saturday, March 8** (West LA 8:15 am and 10:15 am) (SHO 10:30 am)
- **Body Composition Test #2 due anytime before Friday, March 8**
- **After Party and Award Ceremony - Sunday, March 9 @ 12:00 pm** - West LA

\*If you plan to attend any workshops remotely, the link will be shared one hour before the workshop start time.

#### **COST FOR REGISTRATION:**

Early bird registration (January 1-15th) \$79

Regular registration (January 16-22) \$99

## **SPECIAL OFFER!!!!**

### **BRING A FRIEND AND CRUSH THE CHALLENGE TOGETHER!**

Refer a guest who signs up for a new membership at KMW LA in January and both you and your guest get your challenge registration for free (you also get a \$50 Amazon gift card for referring a new member). (Valid for new customers/guests only. Guest enrolls in a regular membership plan that is not subject to termination or cancellation within one week of sign up.)