

Champion Challenge

Steps to Enter the Champion Challenge:

- Step 1: Purchase one of the four Ron Williams Programs (Max Muscle, Ultimate Definition, Fat Shedding, or Keto Lite) through our website at www.ronwilliamschampion.com .
- Step 2: Follow your selected Ron Williams Program from start to finish for the 90-day training period.
- Step 3: At the end of the 90-day period:
 - Send your **before and after pictures** to support@RWChampionLife.com within 3 days of completing your 90-Day Program. Closely follow the directions for photos under the Measure Your Progress tab in the Program that you have chosen to complete
 - Include your weight and measurements and a testimonial detailing the changes you experienced (physically, mentally, spiritually, emotionally, etc.)
- Step 4: Once all submissions have been received for the cycle of the Champion Challenge, Coach Ron and his team will review the before & after photos, the testimonials, and will select three winners!

The Prizes!

Gold Prize: 1-on-1 Coaching Package with Ron Williams - Valued at \$3,000 Five Virtual Coaching Sessions With Coach Ron

- First Coaching Session to Include:
 - Evaluation of your Nutrition and Exercise, and then Ron will create a plan designed to help you achieve your desired goals.
 - Evaluation of your Form & Technique of your Exercises and Coaching to correct your form if needed.
- Second – Fifth Coach Sessions to Include:
 - Evaluation of Progress from Week to Week
 - Correction or changes needed with Nutrition & Exercise as you progress towards achieving your desired goals.



Silver Prize: 1-on-1 Coaching Package with Ron Williams - Valued at \$2,000
Three Virtual Coaching Session With Coach Ron

- First Coaching Session to Include:
 - Evaluation of your Nutrition and Exercise, and then Ron will design a plan to help you achieve your desired goals.
 - Evaluation of your Form & Technique of your Exercises and Coaching to correct your form if needed.
- Second and Third Coach Sessions to Include:
 - Evaluation of Progress from Week to Week
 - Correction or changes needed with Nutrition & Exercise as you progress towards achieving your desired goals.

Bronze Prize: 1-on-1 Coaching Package w/ Ron Williams - Valued at \$1,000
One Virtual Coaching Session With Coach Ron

- Evaluation of your Nutrition and Exercise, and a plan designed to help you achieve your desired goals.
- Evaluation of your Form & Technique of your Exercises and Coaching to correct your form if needed.