



Lisa trained by K. Lugtigheid

After her 1st challenge

After her 3rd challenge, winning maintenance award.



Whether you want a better body shape or less back pain, to run a marathon or learn to swim, this challenge is about supporting and rewarding you to reach your goals.

99%* would recommend the 20 Week Challenge™
98%* said they were successful in the 20 Week Challenge™

**Stats from 2014 Challenge*

Entry fee only
\$129

&

\$15,000
in prizes up for grabs



After her 2nd challenge

catchfitness
20 
WEEKTM
CHALLENGE

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PROMO CODE



Lisa - in the beginning