



Online Photoshoot Challenge Course Information

Thank you for enquiry, please find the course information enclosed in this booklet, should you have any questions, please do not hesitate to contact us:

linda.studio1online@gmail.com



GENERAL INFORMATION

What is included?

- 10-12-week online course (no in-house sessions are included)
- Training programme
- Food plan
- Facebook support group
- Zoom meetings at 4 and 8 weeks
- Biweekly check-ins
- Photoshoot with Matt Marsh leading fitness and transformation photographer Kelly and the team will be there to support you on the day
- 5 professionally edited shots (one of these in a Studio1 garment which could be used on our website and social media pages)

Is this challenge for you?

- Are you 18+
- Looking for a new challenge or lifestyle change?
- Ready to commit to 12 weeks of nutrition monitoring and training?
- Do you have some basic knowledge of lifting techniques or more?
- No holidays booked for the duration of the course
- No excuses to miss your training

What will I need? You will need one of the following:

- Gym membership
- Home gym
- Our Virtual Workout subscription (beginners only@ £12.99 per month)

Courses are aimed at helping you...

- Get in the best shape of your life
- Drop fat
- Tone up
- Increase strength
- Increase motivation
- Build confidence



Frequently asked questions

- Can I pay in instalments? Yes, see payment details below
- How many times a week will I need to train? 3 min to 5 times per week
- What should I wear for my progress pictures and how should I take them?
For the ladies, a crop top and fitted shorts or leggings or a bikini, for the men, shorts. Pictures should be taken from the front, side and back
- Can I do the challenge if I am coeliac, vegan or vegetarian? Yes, we will supply a plan that caters for individual needs
- Will I need Facebook? Definitely, in some cases our clients have set an account up specifically for our courses, without this you will not be able to access all of the support
- When will the photoshoot take place? There will be two days available for the photoshoot: refer to the Online Photoshoot homepage
- Where will the photoshoot be held? Matt Marsh Photography, Unit 17, Vemon Building, Westbourne Street, High Wycombe, HP11 2PX
- What should I wear for the photoshoot? Most clients like to choose a theme for their shoot, street wear, bikini etc. Kelly will be happy to liaise with you about your choice, however, you will be required to have some pictures taken in sports wear including an item of Studio 1 branded clothing, vests for men and crop top for women, these will be provided on the day and will be yours to take home free of charge. A dark tan should also be applied all over the body
- How long will the photoshoot last? Your photoshoot will last for 30 to 45 minutes
- Can I change the date of my photoshoot? The photoshoot dates will be set, therefore, it is unlikely that these will be flexible
- Can I drink alcohol during the course? Alcohol contains empty calories and can hinder your progress, therefore, this is not recommended, if you have any further questions, please ask for our handout: Why we don't mix alcohol with training



Course fees

The Online 10-12-week Photoshoot Challenge Course costs £500 in total and includes the professional photoshoot with Matt Marsh a Leading Fitness and Transformation Photographer who is able to combine his knowledge and experience with an innovative, contemporary style to ensure clients look their best in a relaxed yet professional environment. The course amount can be paid in full or in two instalments and will be due no later than 10 days before the course start date. When paying by instalments there is an additional admin fee charged at £50 and is included in the instalments. The first instalment of £300 will be due on reserving your space, at this stage you will be asked to set up your payment plan to make your second payment of £300 which will be payable 4 weeks later. Once your place is confirmed and a payment has been made, it cannot be offered to another client, therefore, all course fees are **non-refundable** and if paying by instalments the second instalment must still be paid.

Once your first instalment/payment in full has been made, please send your height, weight, and age along with your first pictures taken from the front, side and back. You will receive your food plan no later than 3 days prior to the course start date to allow time for preparations to be made. **Please note:** Your food plan will not be sent out until we have received your height, weight, age, and pictures and your first payment/payment in full has cleared.

PLEASE NOTE: FOOD PLANS WILL NOT BE SENT OUT UNTIL YOUR FIRST INSTALMENT/PAYMENT IN FULL HAS BEEN RECEIVED!

No refunds will be given.