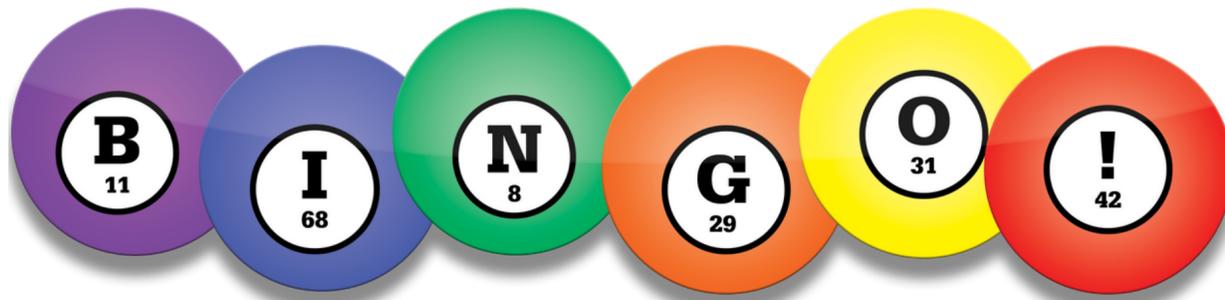


# STUDIO 3 myzone ADVANCED TWENTY 3 CHARITY BINGO



FULL NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

BURN 800 CAL  
IN ONE WORKOUT

SPEND 10 MINS  
IN THE RED ZONE

RUN, CYCLE, ROW,  
FOR 1 HOUR X4

EARN 3000+ MEPS

POST YOUR  
WORKOUT X4  
@STUDIO\_TWENTY\_3

COOK A MEAL FROM  
STUDIO TWENTY 3  
COOKBOOK X4

FITNESS TEST  
START & FINISH  
PRESS-UPS  
60S

ATTEND 6 CLASSES  
OR PT SESSIONS

DRINK 2L OF  
WATER A DAY

MEDITATE 5-10 MINS  
A DAY  
@HEADSPACE

2 MIN PLANK  
OR  
WALL SIT

WORKOUT WITH A  
STUDIO TWENTY 3  
FAMILY MEMBER

Please hand into the studio or email [admin@studiotwenty3.co.uk](mailto:admin@studiotwenty3.co.uk)