



THE UNRIVALLED 12-WEEK CHALLENGE

12 weeks. One commitment. A completely different you.

The Unrivalled 12-Week Challenge, where there is some form of exercise to do everyday, some days are easy, some are hard.

It is designed to push you physically and mentally, build better habits and help you become **stronger, fitter, leaner and more disciplined.**

For 12 weeks, you'll have a clear plan to follow, accountability from me and a challenge designed to keep you moving forward when motivation disappears.

WHAT'S INCLUDED



Personalised training programme

Training designed around your goals, experience and lifestyle.



Nutrition guidance

No ridiculous crash diet. Learn how to eat to support your goals while still living your life.



Online coaching & accountability

Regular check-ins, progress tracking and direct support from Shaun.



12 weeks of structure

No guessing what to do next. You know exactly what you're working towards.



The Unrivalled Challenge

Daily and weekly targets designed to build consistency, discipline and results.

THIS IS FOR YOU IF...

- You're tired of starting over
- You know what you *should* be doing but struggle to stay consistent
 - You want to lose body fat and build muscle
 - You want to become fitter and stronger
 - You're ready to commit for 12 week



THIS IS NOT FOR YOU IF...

You're looking for a magic diet, a 12-week quick fix or something you can half-commit to.

12 weeks is long enough to make a serious change — but short enough to stay focused.