

The series is being filmed in Singapore and Hong Kong fans can catch The Contender on AXN from mid-December 2007. For more information, see [www.contenderasia.com](http://www.contenderasia.com)

## Contender Combat classes where a smash!

Fitness First hosted its first Group Exercise "Contender Combat" event on the 19th October in all Fitness First clubs across Hong Kong, The stage was set for a show as your Contender Combat Instructors came out dressed in authentic Muay Thai boxing silks and fighting arm bands!

All studios were packed with Muay Thai Warriors who never stopped moving through the entire class, which pushed fitness levels through the roof! The class offered extra challenges with the inclusion authentic Muay Thai moves and Technique and also Circuit and Strength Training.

**Wrist Wraps on! See you in the next fight!**



## REAL RESULTS

### More energy... Slimmer waistline... Fewer pounds... Healthier eating habits...

It is what Mandy possess right now and she has dropped her weight from 134 pounds to 118 pounds. It all began with a simple photograph that captured just how much weight she had gained over the years. Having been fit and healthy her life, Mandy didn't recognize herself. She was also plagued by both high cholesterol and high blood pressure. Mandy quickly realized it was time to eliminate the bad habits that were ruining her health.

Their major downfall was poor planning. Owing to her busy schedules and nature of work, Mandy used to dine out on oversized portions of high-calorie cuisine and keep herself from any kind of exercise. Either way, the end result was hardly a well-balanced lifestyle.

Mandy's lifestyle started to change under the guidance of her personal trainer. She has learnt a lot on healthy diet from the coach and improved her overall eating habits.

When it came to fitness, Mandy made the commitment to get physically fit, especially since her drive had always faltered in the past. She started with just 10 minutes on the elliptical machine and worked her way up from there. She also knew how effective the Resisted Movement Training in bringing her into good shape is. Although tough and exhausting, Mandy completed set over set of weight training on her butt, arm and six packs. It not only gave her a good figure, but also enhances her energy level!

Today, the gym is a second home to Mandy. She does her cardio workout three to four days a week and her weight lifting regimen two to three days a week. Some days she does the elliptical machine for 45 minutes. Other days she runs several miles. Regardless of her regimen, the end result is still the same: more energy and more restful sleep.

Between healthy eating and exercise, the extra weight has melted off Mandy, who admits she now has trouble finding smaller sizes.

"I'm a size 4 now; its actually fun being a small size because you can buy almost any style and you are not limited by, does this look good on me?" suggested by Mandy.

You've only got one body. Your health has to be the most important thing. Once it's gone, it's gone. You don't get it back."



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