



Thomas Phillips,
Owner Fit For Life pt,
Creator of the UTC

SIGN UP NOW TO ENROLL IN THE NEXT ULTIMATE TRANSFORMATION CHALLENGE

**PHASE 1 SEMINAR: SUNDAY, JANUARY 10TH @ 9:00 A.M. AT FIT FOR LIFE PTS
6 TIMBER LN., MARLBORO, NJ 07746**

**Packed with brand-new info and beautiful illustrations,
we are confident that our latest manuals will inspire
you to perform at your **absolute best** this UTC.**

A LIMITED NUMBER of hard-cover manuals of each phase will be available
for purchase at each seminar on a first come, first serve basis.



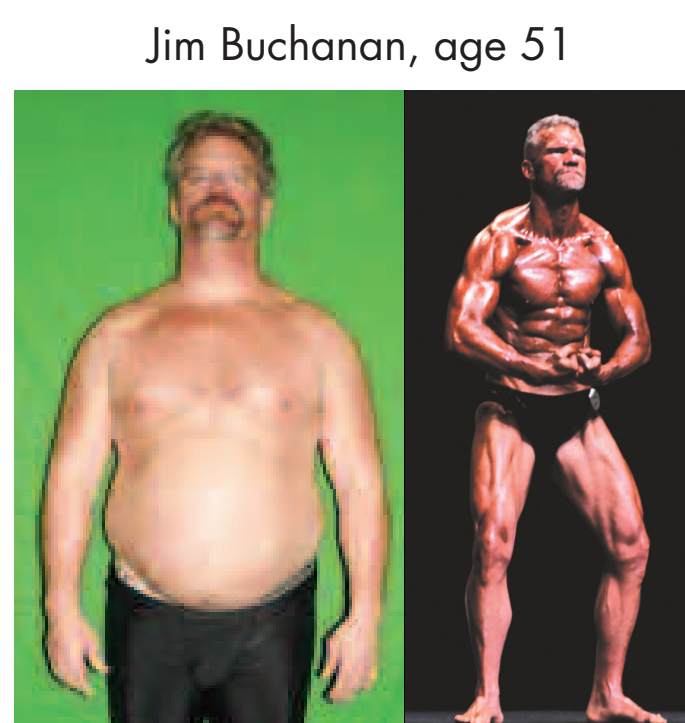
The e-book version of each manual will be included in the price of the sign-up.

THERE WILL BE 4 DIFFERENT EXERCISE / COOKING / GOAL SETTING AND PERFORMANCE SEMINARS:

- Z-health movement and performance seminar part 1
- Z-health movement and performance seminar part 2
- Chef Lauren cooking seminar with updated recipes and Thomas Phillips' Ultimate-Goal-Setting Seminar
- Dr. Charlie Weingroff's performance seminar on why most things you're doing now are probably **WRONG** and **HARMFUL!**



Special Guest Speaker
Chef Lauren

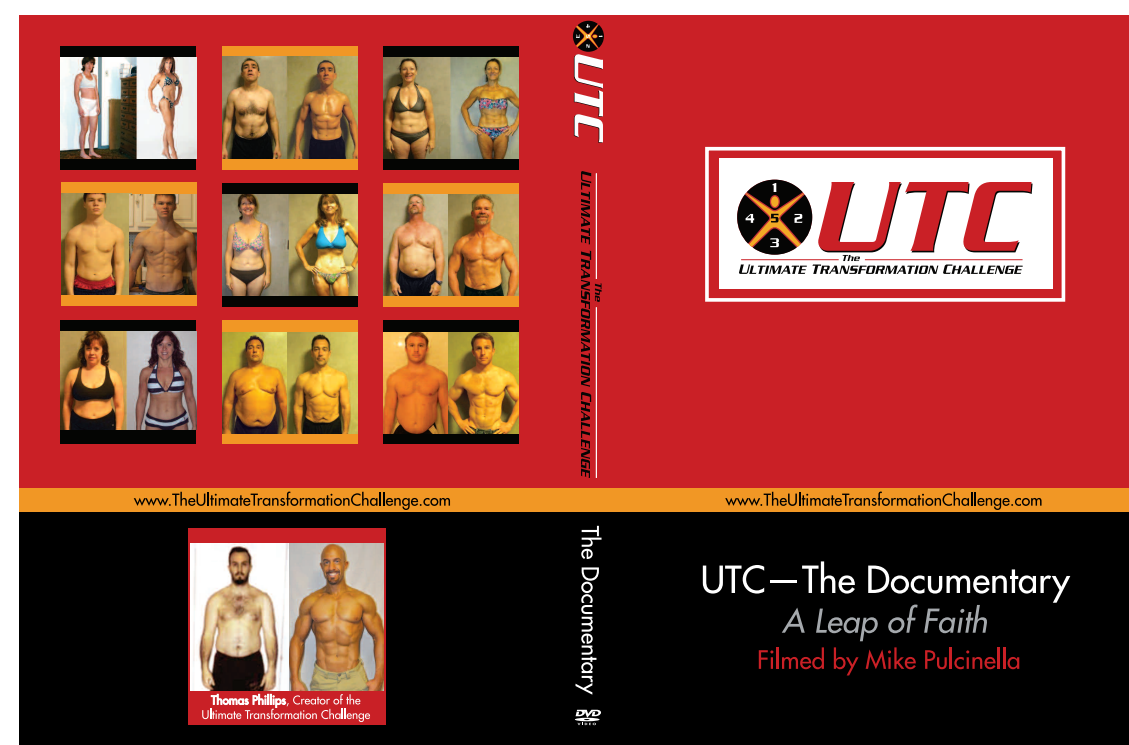


Before 275 lbs Ater 178 lbs



Special Guest Speaker
Dr. Charlie Weingroff

- **Doctor of Physical Therapy**
- **Former Head Strength & Conditioning Coach, Philadelphia 76ers**
- **Certified Athletic Trainer**
- **Certified Strength & Conditioning Specialist**
- **RKC, CK-FMS, USAW**
- **Only PT Certified DNS Practitioner on east coast**
- **ART Certified**
- **Former Director of Physical Performance and Resiliency & Lead Physical Therapist, United States Marine Corps Special Operations Command**
- **Nike Sparq Executive Council**
- **Consultant to Nike, 106th Rescue Wing Air Guard, Roddick-Lavalle Tennis Academy, Equinox, Perform Better, Vibraflex-Woodway**
- **Private practice @ Fit For Life, Marlboro, NJ & Drive495 Manhattan, NY**
- **International Speaker**
- **AAPF Elite Powerlifter, 1915 Total**



WHAT IS THE UTC?
Click here to watch now



NEW!

**You will receive a UTC "accountability" poster filled with
56 "daily tips" to help you grow smarter and stronger.**



Rob Before Rob After



Barb Before Barb After



Mike Before Mike After

THE 19 ITEMS/SERVICES YOU RECEIVE WITH SIGN-UP:

- | | | |
|----------------------------|--|--|
| 1. Phase 1 LIVE seminar | 9. Phase 4 e-book | 15. Z-health movement and performance seminar part 2 |
| 2. Phase 1 e-book | 10. Phase 5 LIVE seminar | 16. Dr. Charlie Weingroff's performance seminar |
| 3. The UTC documentary DVD | 11. Phase 5 e-book | 17. Weekly UTC Newsletters filled with informative tips from Thomas Phillips |
| 4. Phase 2 LIVE seminar | Bonus Exercise Seminars: | 18. NEW UTC "accountability poster" filled with 56 tips from Thomas Phillips |
| 5. Phase 2 e-book | 12. Special seminar and e-book (How to do it!) | 19. Updated UTC Recipes |
| 6. Phase 3 LIVE seminar | 13. Chef Lauren cooking seminar | |
| 7. Phase 3 e-book | 14. Z-health movement and performance seminar part 1 | |
| 8. Phase 4 LIVE seminar | | |

**ALL EVENTS WILL BE HELD AT:
Fit for Life pt, 6 Timber Ln. Marlboro, NJ 732-780-2270**

IMPORTANT DATES TO REMEMBER FOR THE NEXT UTC

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|--|--|
| January 10th—UTC Phase 1 part 1, 9:00am | February 7th—Steve Pucciarelli Z-health Presentation part 1 |
| January 17th—Chef Lauren Presentation/
Phase 1 part 2 (special seminar) | February 14th—Dr. Charlie Weingroff Presentation |
| January 24th—UTC Phase 2 seminar | February 21st—UTC Phase 4 seminar |
| January 31st—UTC Phase 3 seminar | February 28th—Steve Pucciarelli Z-health Presentation part 2 |
| | March 6th—Final Phase 5 UTC seminar |

Click HERE to Sign Up NOW!