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Orangetheory transformation challenge 2025

The Orangetheory Transformation Challenge is an 8-week program that encourages participants to attend at least three classes per week for six out of the eight weeks. The challenge focuses on losing body fat and gaining muscle, with cash prizes awarded to those who achieve the highest percentage of weight loss. The transformation challenge typically begins in January and runs until March, providing a platform for members to set personal fitness goals and track their progress.During the challenge, participants are expected to have their body weight and sometimes body fat scans taken before and after the challenge to measure progress. While some may question the effectiveness of the Orangetheory Transformation Challenge, many success stories abound. For example, one participant lost 20 pounds over the eight weeks, while another reported a significant reduction in body fat percentage.The transformation challenge is not just about weight loss, but also about personal growth and achieving specific fitness goals. By joining a team of like-minded individuals and setting personal targets, participants can stay motivated and committed to completing the challenge.I've gone from a size 20 to a 12, with one pair of size 10 jeans that are now too big. My starting weight was 255, and I'm now at 209.2, having lost 23 pounds in just 8 weeks. Consistency has been key, both in my diet and workouts. I've said goodbye to the weight I gained after having a baby and breaking my ankle. I still have 25 more pounds to lose, but I'm on track. My final weigh-in was today, and I'm thrilled to have lost 24.2 pounds. I've been attending Orangetheory classes 4-6 times a week, usually at 4:45 am, and have changed my diet to include high protein, moderate carbs, and low fat. I meal prep, eat three high-protein snacks a day, and drink at least a gallon of water daily. My goal is to complete a one-year challenge, and this is just the beginning. I'm excited to continue my Orangetheory journey. Another member lost 16 pounds during the transformation challenge and gained muscle. They had previously lost 103 pounds through diet and exercise but gained 50 pounds during quarantine. When the challenge started, they were ready to lose weight again and get back on track. They finished the 75Hard challenge and are now moving on to the next one. A third member has been on their journey for nearly three years, losing almost 90 pounds and taking close to 800 classes. They credits their coaches and the Orangetheory community for their success. Another member was considering gastric bypass surgery but decided to cancel after four months. Instead, they worked hard in therapy to address their emotional eating and trauma, and have been using food as fuel rather than a coping mechanism.After taking a break due to major knee surgery, I slowly got back into working out at my studio, Orangetheory Fitness Woodstock, about four to five times a week. They really pushed me hard with lots of therapy sessions. Their support system is like having a second family. Now, 18 months later, participating in the Transformation Challenge was a long-term goal for me. My aim was to give it my all and see how far I could go. It's not about winning; it's about putting in the effort. I also decided to do the 75 Hard challenge at the same time. Since last fall, I've lost over 100 pounds, but what matters most is that I'm on a journey and enjoying every bit of it. Whether or not I win the challenge, these past eight weeks have been an incredible experience. The first day of the challenge was tough; I wasn't sure if I should take progress photos, but I did, and now I can see how far I've come. Going back to 2021 when I first participated in this Transformation Challenge at OTF Newburgh changed my life. I lost 30 pounds, increased muscle mass, and reduced body fat percentage. It wasn't just about weight loss; it also helped me reduce stress and anxiety significantly. This challenge made me realize that working out regularly and eating right is key. The current Transformation Challenge starts on January 16th, so get ready to give it a try! I've been wanting to share my fitness journey with everyone, and now's the perfect time. It all started after having my youngest child almost five years ago; my body just wasn't the same as before. Having two kids in your twenties is easier on your recovery than having them in your thirties like me. The last C-section was a game-changer, making it hard for me to get back into shape. I tried everything moderate exercise and healthy eating but nothing worked. With age comes the reality of slower metabolism, and my hormones were against me this time around. In 2020, life got tough due to stress from the pandemic, virtual learning, and other challenges. My health and wellness took a backseat, making it hard for me to stay motivated. We all know how difficult that year was, but I'm glad I finally found my motivation again and started working towards becoming the best version of myself.I've struggled more with myself than I ever thought possible... I'm not saying I was "overweight" in the classical sense, but I wasn't exactly in a healthy state either. People would often say I couldn't lose weight, but what they didn't understand is that I'm an athlete and a competitor. Everyone looks to me for health and wellness advice, yet I was miserable with my body... I know how to dress myself to flatter my figure, and I did - Spanx became my BFF. However, despite looking good on the outside, I felt insecure on the inside. That's what drove me to seek out my goals.When I returned to Orange Theory Fitness a few months ago, I was hitting my physical prime... I wasn't just losing weight; my endurance levels were through the roof, and my strength was slowly coming back. I had this energy from working out that spilled over into my daily life, making me feel amazing mentally. Running 40+ miles a month was something I thought I'd never be able to do. Then... Covid-19 hit our family, putting us on quarantine for weeks. When I finally returned to OTF, I realized I had long-haul Covid side effects - my heart and lungs were struggling, and even basic exercises left me breathless.That wasn't easy for me; I felt depressed and defeated when it came to exercise... I didn't want to do anything that would push me beyond what was possible. This wasn't me - the confident, capable athlete I'd always been. But reality is harsh. Mid-February, the Orange Theory Transformation Challenge started, just what I needed to get back on track. For 8 weeks, I committed to working out at least 3 days a week and keeping a food journal... something I dread doing due to its stressfulness.The weight loss puzzle was driving me crazy! As someone my age, I couldn't figure out why I wasn't losing weight like I used to. That's when I stumbled upon Metabolic Confusion - the key to unlocking my metabolic woes. Most people think that a low cal/low carb diet with regular exercise is the answer, but as we age, our bodies respond differently.I had to switch up my approach and give my body some "breathing room." So, I started alternating between 4 days of low cal/low carb (less than 1500 calories) and one high cal/high carb day (exceeding 3000 calories), where I allowed myself to indulge in treats and relax. This back-and-forth routine continued for the first 7 weeks.In the final week, I focused on shedding excess water retention by gradually reducing my water intake while keeping calorie consumption above 1500. My diet consisted of lean proteins like salmon and tilapia, complex carbs such as brown rice and sweet potatoes, and plenty of veggies like asparagus and green beans.Meanwhile, my workouts at Orange Theory Fitness were a game-changer! In just 60 minutes, I got a full-body workout that varied daily - some days focused on endurance, strength, or power, while others combined all three. The group setting made it feel like having a personal trainer without the planning and thinking involved.As I worked out 4-6 times a week, I prioritized keeping my calories above 1500 to support muscle growth and maintenance. It was an incredible experience! But what truly set me apart was joining Orange Theory Fitness - I became part of a supportive community that shared my passion for health and fitness.We motivated each other, celebrated our progress, and learned from one another's experiences. The app even tracked my heart rate, calories burned, distance covered, and splat points, providing valuable insights into my performance. By joining this community, I discovered more about myself and what I'm capable of, including the importance of strength training for women.Losing weight and achieving a strong physique is crucial for overall health and wellness, particularly for women. Embracing a balanced lifestyle that includes weightlifting and cardio exercises can help build "manly" muscles. While whole foods are essential, it's also important to enjoy life and not restrict oneself unnecessarily.I've found that incorporating supplements into my daily routine has been beneficial. I took Arbonne Pea Protein, Green Tea Energy Fizz, Greens, Multivitamin Powder, Alaya Collagen Capsules, and CBD capsules as part of my regimen. Although this may work for me, it's essential to note that everyone's journey is unique.My personal transformation highlights the potential of this approach. From February 15th at 137.6 lbs with 29.4% body fat, to March 12th weighing in at 125.6 lbs, and finally reaching 110.2 lbs on April 10th with 19.7% body fat it's clear that consistency and a well-rounded approach can lead to significant weight loss.The Transformation Challenge offered by Orangetheory is an excellent option for those seeking to lose weight through this program. With its emphasis on exercise discipline, participants can achieve remarkable results. Notably, Phil Matz lost 25% of his total body mass during the challenge a testament to its effectiveness.By participating in the Transformation Challenge and committing to regular sessions, you may be able to break Matz's record and experience similar success.To use this material, you must give appropriate credit, provide a link to the license, and indicate if changes were made. You can share the work under the same license as the original, but not in any way that implies endorsement. Sharing is allowed without restrictions, as long as no legal terms or technological measures limit others' actions.Orantheory brings people together through fitness, providing a supportive community for individuals of all skill levels with dedicated staff to help them reach their goals. The latest challenge encourages participants to focus on body fat reduction and muscle gain rather than weight loss alone.According to Orangetheory's director of fitness design Rachel Vaziralli, the goal is to inspire individuals to take that initial step and then celebrate their remarkable achievements - regardless of where they begin from. By combining science-backed programming with OTconnect technology and expert coaching, the company enables people to develop lasting, healthy habits that extend beyond eight weeks, ultimately leading to enhanced physical strength and increased energy levels.The fitness industry saw a significant deal in 2024 when Orangetheory merged with Self Esteem Brands, the parent of former Anytime Fitness. Following this merger, the group is now part of Purpose Brands, led by former TopGolf CEO Tom Leverton. This popular group fitness franchise is also expanding its reach in the U.S. and Saudi Arabia as it rolls out a new brand strategy emphasizing inclusivity.

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