



2020 CONTEST RULES!

ENTRY FEE:

- \$159.99* per person

INCLUDES:

- 6 week challenge
- Initial Weigh In, Mid Way Check In & Final Weigh In
- 4 REV workouts per week
- Nutritional Guidelines

PRIZES AWARDED TO:

- Biggest transformation (1st place)
- 2nd place transformation
- 3rd place transformation

CONTEST RULES:

- This contest is an individual contest (you are not on a team).
- All contestants must complete a registration form and sign a waiver.
- To win, you must complete a minimum of 2 REV classes per week (12 total).
- Contestants are encouraged to participate in a maximum of 4 REV workouts weekly (24 REV Workouts total) during the contest. A combination of strength and cardiovascular training which you get from REV are recommended to achieve maximal results.
- Our week is considered Sunday to Saturday, excluding the week of May 4th-9th (Monday-Saturday) & the week of June 7th-12th (Sunday-Friday).
- Each contestant must participate in the mandatory Initial Weigh In, Mid Way Check In, Final Weigh In.
- Each participant must allow HRC to take a picture at the Initial Weigh In and Final Weigh In.
- A minimum of 10 participants must participate in order to run the contest. A full refund will be given to each participant if the minimum requirements are not met.
- No refunds will be issued after registration fee is paid, with the exception of the minimum requirements not being met.
- Participants of Better Body Challenge 2020 may not compete in this challenge unless they are a full REV member.
- Remember this is only 6 weeks of your life, give it your all and don't let yourself down.

GOOD LUCK!!

HOW YOU ARE JUDGED:

- This is a body transformation challenge, not a weight loss challenge. Each participant will receive a point for every inch lost at their hips and waist. You will also receive a point for each pound of muscle gained. Example: if you lose 2 inches at your waist and 1 at your hips and gain 1 pound of muscle, you will get 4 points. If you lose 2 inches at your waist, 1 at your hips and lose 1 pound of muscle, you will get 2 points.

REGISTRATION RULES:

- Registration opens Thursday April 23rd at 9am and will close at 7pm. After 7pm on April 23rd all registered participants will be put into a draw and will be picked at random. Registration is available online at headwatersracquetclub.com by filling out the form on our events page. All drawn Participants will be contacted by email at 12pm Friday April 24th to ensure they are aware of being entered into the competition. From the time you receive an email you will have until 4pm, on Sunday April 26th to come in and complete registration (paperwork and payment). If you are not fully registered with paperwork and payment by 4pm on April 26th, you will lose your space.

SCHEDULE OF EVENTS:

- Nutritional Seminar: April 28th @ 7pm
- Initial Weigh In: April 30th & May 2nd (Times to be determined)
- Workouts Commence: May 4th – June 12th
- Mid Way Check In: May 24th – May 30th
- Final Weigh In: June 13th & June 16th (Times to be determined)
- Winners Announced: June 18th @ 7pm

\$500 GRAND PRIZE

Contest runs from May 4-June 12

*plus applicable tax