



# Muffin-top meltdown

## 2018 CONTEST RULES!

### > ENTRY FEE:

- \$149.99\* 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.
- 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 2018 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 Tuesday April 24th at 9am and will close at 7pm. After 7pm on April 24th all registered participants will be put into a draw and will be picked at random. Registration is available by phone or drop in. All drawn Participants will be contacted by email at 12pm Wednesday April 25th to ensure they are aware of being entered into the competition. From the time you receive an email you will have until 12pm, on Friday April 27th to come in and complete registration (paperwork and payment). If you are not fully registered with paperwork and payment by 12pm on April 27th, you will lose your space.

### > SCHEDULE OF EVENTS:

- **Initial Weigh In:** **May 3rd + May 5th** (Times to be determined)
- **Nutritional Seminar:** **May 1st @ 7pm**
- **Workouts Commence:** **May 7th – June 15th**
- **Mid Way Check In:** **May 27th – June 2nd**
- **Final Weigh In:** **June 16th + June 19th** (Times to be determined)
- **Winners Announced:** **June 21st @ 7pm**

# \$500 GRAND PRIZE!

Contest runs from May 7 – June 15

\*plus applicable tax



P. 519.942.BALL  
info@headwatersracquetclub.com  
www.headwatersracquetclub.com