

Shape Up for Summer 6 Week Challenge

Begins Tuesday March 22nd

Shape up for
Summer
Challenge



**LOSE Body Fat
LOSE Weight
GAIN Muscle**

- You don't have to be the thinnest, buffest member to win. It's the work you put in and the **change** from beginning to end that makes the difference.
- A 150# participant that loses 6# beats a 180# participant that loses 6#. The person that loses the highest PERCENT of weight wins. A 30% body fat participant who loses 2% body fat beats a 40% body fat participant who loses 2% body fat (% of % body fat wins). Therefore the winning participant will be the participant losing the highest percentage of the total loss versus comparing the participant's actual body fat percentage loss or weight lost or muscle gained.
- Dual Winners and Tie Breakers. Participant may only enter as an individual OR a Team. 18 prizes will be awarded to 18 winners. You cannot win more than one \$100 prize. If one participant wins in two categories, that participant will be awarded one prize and the next best scores will be eligible to win as chosen in the following order: Body Fat %, Weight %, Muscle %. If participants tie in any category, all tying participants will be entered into a drawing for one prize.

**18 Winners:
\$100 cash**

18 Winning Categories

Guys

Body Fat Lost
Weight Lost
Muscle Gained

Gals

Body Fat Lost
Weight Lost
Muscle Gained

Team of two Guys

Body Fat Lost
Weight Lost
Muscle Gained

Team of two Gals

Body Fat Lost
Weight Lost
Muscle Gained

Body Comp Analysis

**Initial:

Tues, March 22nd 8A – 6:00 P
Wed, March 23rd 8A – 6:00 P

**Final:

Tues, May 3rd 8A – 6:00 P
Wed, May 4th 8A – 6:00 P

****Body Comp Analysis may not be assessed outside designated assessment times during the competition.**

Please do not request outside times. Initial and final body comp analysis must be performed at same location. Competitors may work with Personal Trainers and/or Nutritionists during the competition. Lott Fitness Center reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual competition participants. Any amendments to the rules or changes in prizes will be provided, in writing, at the Center's front desk location. Rule interpretations and all judging decisions are final. Competition participants may not use anabolic steroids or any strength-enhancing prescription drugs or medications unless prescribed by a physician to treat an existing medical condition. Participants in the Shape Up for Summer Challenge 2016 expressly release Lott Physical Therapy and Fitness Center from all risk, loss, injury, damage or harm that may arise from participating in the Shape Up for Summer Challenge 2016. Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications.