



4TH Annual 10-week FITNESS CONTEST

Overview:

The goal of this contest is to help keep you motivated after the summer and pushing hard into Fall. No matter your goal(s), this challenge will keep you accountable and give everybody a chance to win.

This contest will last for **10 weeks**, from **9/1/17 – 11/12/17**. This is an **individual contest** this year, with **teams of 4 also competing for a group prize**. You may choose your own teams or we can help. The contest will cost **\$75/person**.

50% of the entry fee will go to the gym and new equipment, and the other 50% will go towards the Prizes. The individual with the highest total of points will be the winner and awarded the Grand Prize. Runner-up prizes will also be awarded: Free Personal Training Sessions, one Free month of Group Fitness Classes, Free Fitness Focus apparel, etc. A complete breakdown of the prizes will be posted when all contestants have registered so we can figure out how many people we have.

Rules:

Every player must come into the gym two (2) times over the course of the contest, once at the beginning and another time at the end, for Measurements and Fitness Tests.

These will be conducted on 6 dates, 3 days at the beginning and 3 days at the end. The dates are:

Initial Assessment: **Thursday, August 31st – Saturday, September 2nd**

Final Assessment: **Friday, November 10th – Sunday, November 12th**

Players will be awarded points based upon the following factors: (Total = 100%, + 5% extra credit)

- Weight Loss (percentage) = 20%

(ex.: If you weigh 200 lb. and lose 20 lb. over the 3 months, you will have a 10% decrease in your body weight and therefore accrue 10%)

- Increase in Lean Body Mass (LBM) = 15%

This consists of muscle mass, bone density, water, etc. Basically “good weight”. Remember, the higher our LBM, the more calories we burn per day – and therefore helps us lose more weight. Strength training and eating enough protein, drinking enough water are ways to increase this.

- Decrease in Body Fat Percentage = 20%

- Change in Circumference Measurements = 20%

Tape measure. Measure 8 places in inches, neck to calf, and total each for 1 overall number.

- Change in Fitness Test = 25%

This is based on a standardized fitness test consisting of the following 5 events:

1. **Burpees** – as many Burpees in 1 min as you can. Do not need to jump.

2. **Sit-ups** – feet will be held, must come from flat on floor to fully upright to count. Arms will be crossed over the chest, not allowed to grab your legs. Timed 1 min.

3. **Push-ups** – Elbows must come to 90 degrees to count. Timed 1 min.

4. **Reclined Pull-ups** – Hanging below a racked barbell. If you touch the ground its over.

5. **1-mile Run** – on a Treadmill. If you have any injuries, appropriate substitutions will be made.

- Attendance & Social Media = 5% (extra credit)

Points will also be awarded for staying consistent with your workouts and posting about the contest. You will accrue points for attending Personal Training sessions and Group Classes over the 3 months. If you're unable to come to Fitness Focus, taking a picture of yourself working out and tagging SBFF will be accepted. More info to come about social media posts.

**Submit your
before/after
photo and
receive a FREE
SBFF t-shirt**

Contact Brett Bannon (310) 503-1915 to sign up or if you have any questions.
You can also email your team to brett@southbayfitnessfocus.com.