



MBS GYM RICHMOND

12-WEEK BODY TRANSFORMATION COMPETITION

START: 30 JAN 2012 | END: 23 APR 2012 | AWARDS NIGHT: LATE APR

12 WEEK BODY TRANSFORMATION COMPETITION WITHOUT TRAINER SUPPORT

INCLUDES:

- Select a goal for your 12 weeks. Fat loss goals are common, however you can choose **any health- or fitness-related goal**
- Weight, measurements and photos taken by an MBS Richmond staff member at weeks 0 and 12 (**make sure you book these appointments at front desk**)
- Entry to Awards Night in late Apr
- All those who complete the 12 weeks and attend the Awards Night are eligible to win the major prizes including \$1000 for Most Dramatic Transformation and professional photoshoot for Most Inspiring Transformation
- \$100 entry
- Eligibility: You must be an MBS Gym member. You do not have to be a PT client.
- Note: You **will not** receive a nutrition plan or cardio plan from MBS if you choose this option. It will be your responsibility to find/devise your own nutrition and cardio plans. We recommend doing PT to cover your weight training component but again, it's totally up to you – you can follow any weights plan you like.

12 WEEK BODY TRANSFORMATION COMPETITION WITH TRAINER SUPPORT – RECOMMENDED FOR BEST RESULTS

INCLUDES:

- Select a goal for your 12 weeks. Fat loss goals are common, however you can choose **any health- or fitness-related goal**
- Nutrition and cardio plans written for you by your trainer and updated according to your progress
- Weight, measurements and photos taken by your trainer at weeks 0, 4, 8 and 12 (**make sure you book these appointments at front desk**)
- Entry to Awards Night in late Apr
- All those who complete the 12 weeks and attend the Awards Night are eligible to win the major prizes including \$1000 for Most Dramatic Transformation and professional photoshoot for Most Inspiring Transformation
- \$300 entry
- Eligibility: You must be and MBS Gym member and must be doing personal training 4 times per week in order to do the Competition with trainer support

ENTRY FORM

First name: _____

Surname: _____

MBS membership number: _____

Competition goal: Note: **Be specific, as this will make it easier to judge your progress and success.** E.g. 'lose weight' or 'get stronger' are vague. 'Lose 5kg' or 'increase bench press 10-rep max from 50kg to 60kg' is clear and specific.

Trainer (circle): Mike Areti George Bianca Mixed I don't do PT

Competition option (circle): Without trainer support: \$100 With trainer support: \$300

ACKNOWLEDGEMENT AND DISCLAIMER

I have read and agree to the Terms and Conditions of this competition.

Signature: _____

Date: _____

Staff member to fill in after witnessing entrant signature, receiving payment and booking initial appointment:

Fee: _____ Paid: _____

Waiver signed: _____

Initial weigh, measure and photo appointment booked: _____

Staff name: _____

Staff signature: _____

TERMS AND CONDITIONS

Entry is open to all members of MBS Gym Richmond, except for those who are currently in training for a bodybuilding/body sculpting competition, or are pregnant, or are excluded by condition 6. or 7. below.

This competition is run in conjunction with MBS Gym Prahran and participants are competing against entrants from both gyms.

The competition will only go ahead if a minimum of 20 participants register across both gyms. If by 30th Jan 2012 there are fewer than 20 participants, those who have already registered will be refunded.

To be eligible to compete, each participant must complete their registration and pay their entry fee prior to 30th January 2012.

The competition commences on 30th Jan 2012 and finishes on 23rd Apr 2012.

Initial photographs and measurements for each participant will be taken by a staff member at MBS Gym Richmond between 28th and 30th Jan 2012. Final photographs and measurements for each participant will be taken by the same person at MBS Gym Richmond between 21st and 23rd April 2012.

Any person who has any physical or psychological condition that may make participation in the Competition dangerous must consult with a medical doctor before registering. If unsure, a participant must consult with their doctor before registering.

MBS Gym Richmond reserves the right to deny any person the right to enter the Competition, or to withdraw an entrant while the Competition is in progress, if MBS Gym Richmond believes that the person is not in a physically and/or mentally fit condition to participate.

MBS Gym Richmond and its representatives shall not be held liable for any loss or damage (including, but not limited to, indirect or consequential loss) that is suffered by any participant in connection with the Competition or with the prizes offered at the end of the Competition.

MBS Gym Richmond recommends that participants train with an MBS Gym Personal Trainer and choose the 12 Week Body Transformation Competition with trainer support option. However this is not compulsory. If a participant chooses to do the 12 Week Body Transformation Competition without trainer support option then he/she is responsible for sourcing their own exercise- and nutrition-related information and monitoring their own progress during the Competition (except for the photos and measurements taken by an MBS Gym Richmond staff member at the start and finish of the competition). A participant who chooses to do the 12 Week Body Transformation Competition without trainer support option may choose to train with an MBS Gym Richmond personal trainer during the competition, but the trainer will not give the participant any nutrition plan, cardio plan or weekly progress monitoring.

The Awards Night will be held in late April 2012 at MBS Gym Richmond or MBS Gym Prahran or an inner Melbourne venue. All awards will be presented on this night. Participants who do not attend are not eligible to receive awards. The major award for the "Most Dramatic Transformation" is \$1,000 in cash. The major award for the "Most Inspiring Transformation" is a professional photoshoot. There will be an award for each participant who achieves their goal.

Awards will be judged by audience vote in conjunction with a panel of MBS Gym Personal Trainers. Decisions are final.

MBS Gym reserves the right to use the name and/or photographs of award winners for publicity purposes.