

TRANSFORM PARTNER CHALLENGE RULES, LIABILITY & PUBLICITY RELEASE

•CHALLENGE INFO:

Participants will enjoy 8 weeks of **full access to the gym** and **unlimited Elite Group Training, IQFit and QuickFit classes**, as well as Saturday challenge workouts. The program also includes weekly nutritional guidance, 3 weigh-ins on the InBody 570 Body Composition Scale, a sweet t-shirt, and the chance to win over \$1,500 in prizes.

Regular gym hours are M-F 5am-8pm, and Saturday 7am-1pm. You have unlimited access to use the facility during these hours. Please note there might be limited space for open gym during group classes. The group class schedule is as follows:

ELEVATE GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00AM	ELITE Group Training Coach Kyle		ELITE Group Training Coach Kyle		ELITE Group Training Coach Kyle	
6:00-7:00AM	ELITE Group Training Coach Kyle	<i>30 min QuickFit</i> 6:00 – 6:30AM Coach Shelby	ELITE Group Training Coach Kyle	<i>30 min QuickFit</i> 6:00 – 6:30AM Coach Shelby	ELITE Group Training Coach Kyle	TRANSFORM Challenge Workout 7:30-8:30AM (1/27 thru 3/24/18)
7:00-8:00AM	ELITE Group Training Coach Kyle		ELITE Group Training Coach Kyle		ELITE Group Training Coach Kyle	<i>30 min QuickFit</i> 8:30 – 9:00AM Coach Kyle
9:15-10:15AM	ELITE Group Training Coach Kyle		ELITE Group Training Coach Kyle		ELITE Group Training Coach Kyle	IQ.FIT Coach Kyle 9:00 – 10:00AM
5:00-6:00PM	ELITE Group Training Coach Kyle	IQ.FIT Coach Kyle	ELITE Group Training Coach Kyle	IQ.FIT Coach Kyle	ELITE Group Training Coach Kyle	
6:00-7:00PM	ELITE Group Training Coach Kyle	<i>30 min QuickFit</i> 6:00 – 6:30PM Coach Kyle	ELITE Group Training Coach Kyle	<i>30 min QuickFit</i> 6:00 – 6:30PM Coach Kyle	ELITE Group Training Coach Kyle	

MANDATORY Packet Pick up and FIRST WEIGH-IN: There will be a total of 3 weigh-ins. Time slots will be available to sign up at Elevate or please call the front desk at 801-221-9060 to schedule.

*To be eligible for the Grand Prize, participants must be **present** for at least the **first** and **last** weigh ins.

*First weigh: 01/25/18 – 01/27/18

Halfway weigh: 02/22/18 – 02/24/18

*Last weigh: 03/22/18 – 03/24/18

You'll receive your Challenge Packet, complete your first weigh-in on the InBody scale, and have your "Before" picture taken.

"Before" Picture: We encourage tight fitting/minimal clothing (compression shorts for men, and sports bra and compression shorts for women) to really highlight the dramatic changes that will occur over the next 8 weeks; but please dress to your comfort level. (Before and After pictures will not be publicly shared without your prior consent).

You will be weighed on the InBody 570 Body Composition Scale. It is important that we get the most accurate reading possible. Please review the "InBody scale prep" in this document prior to your initial weigh-in.

•PARTNERSHIP REQUIREMENTS:

Current Elevate clients can partner with other members or non-gym members. There are no gender restrictions either.

Participants must designate their partner at the time of registration.

•PRIZE WINNERS:

Three separate prize categories will be awarded. \$1,000 to the winning partnership, \$250 to the runner-up male participant, and \$250 to the runner-up female participant. One month of unlimited group classes to the top three most active participants.

You must complete the initial and final weigh-ins to be eligible for the Grand Prize.

GRAND PRIZE WILL BE AWARDED TO THE PARTNERSHIP WITH THE GREATEST OVERALL LOSS OF BODY FAT PERCENTAGE.

•PRICING:

Only Elevate members who are currently paying for Elite Group Training, IQ Fit, Small Group Personal Training, Private One-on-One Training or nutrition clients on a contract are eligible for the \$125 "Member Price." All others will need to register at the \$300 "New Member Price." These prices are the total amount due for the full 8-week challenge.

Current training or nutrition clients will receive \$25 OFF for each new client they refer, who sign up for the challenge. No limits.

•NO REFUNDS: Your payment is non-refundable and non-transferable. Please do not sign up unless you are fully committed to attending all 8 weeks.

PREPARING FOR AN INBODY WEIGH-IN:

Body composition testing is a way of measuring the different components of your body; specifically, muscle and fat. Weight alone is not a good indicator of health or fitness as it does not distinguish between body fat and lean body mass. *Pregnant women or those with implanted defibrillators or pacemakers should not be tested.

To help you get the most accurate results, we recommend the following preparation:

1. Avoid exercising or performing any strenuous physical activities 12 hours before testing- Tests taken with abnormal body temperature – with a fever, post exercise, or immediately after exposure to cold temps (winter)— may affect accuracy of results.
2. Avoid eating a meal 2-4 hours before your test.
3. Hydrate well the day before your test, and do not drink caffeine the day of your test.
4. Use the bathroom prior to testing.
5. Stand for at least 5 minutes prior to testing.
6. If possible, the test should be done before midday. If this is not possible, attempt to keep time of day consistent between multiple tests.
7. For females, avoid taking test during a menstrual cycle as total body water will be higher than normal.

Results: Following the 60 second test, you will receive a printout detailing the following:

- Total Body Water
- Intracellular & Extracellular Water
- Dry Lean Mass
- Body Fat Mass
- Weight
- Skeletal Muscle Mass
- Body Fat Mass
- Body Mass Index (BMI)
- Body Fat Percentage
- Segmental Lean Analysis
- Body Water Analysis
- Segmental Fat Analysis
- Visceral Fat Rating
- Basal Metabolic Rate

How does InBody work? InBody uses patented technology to measure your body's internal composition. It measures each limb and the trunk separately and at multiple frequencies. This gives it much higher accuracy and reproducibility. It passes a small, safe electrical current through the body and measures the body's resistance to the current. This is called Bioelectrical Impedance (BIA). The InBody 570 is the most accurate bio-impedance device available today, with a +0.98 correlation coefficient when compared with DEXA scans and Bod Pod.

LIABILITY WAIVER & RELEASE

As a participant in the Transform Partner Challenge (fitness program), I hereby agree to the following:

1. That I am participating in programs offered by Elevate Fitness & Rehabilitation, Inc. I recognize that this requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in fitness programs. I represent and warrant that I have no medical condition which would prevent my full participation in a fitness program.
3. In consideration of being permitted to participate in the fitness program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the fitness program, I knowingly, voluntarily and expressly waive any claim I may have against Elevate Fitness & Rehabilitation, Inc. for injury or damages that I may sustain as a result of participating in the fitness program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Elevate Fitness & Rehabilitation, Inc. for any injury or death caused by their negligence or other acts.

Participant is aware that participation in the fitness program may result in accident or injury, and Participant assumes the risk connected with the participation in the fitness program and represents that Participant is in good health and suffers from no physical impairment which would limit their participation in the fitness program.

Participant acknowledges that Elevate Fitness & Rehabilitation, Inc. has not and will not render any medical services including medical diagnosis of Participant's physical condition. Participant specifically agrees that Elevate Fitness & Rehabilitation, Inc., its officers, employees and agents shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to the fitness program.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

PUBLICITY WAIVER & RELEASE

Elevate Fitness & Rehabilitation, Inc. may collect individual and group photos, videos, and testimonials relating to our services. We use these for various purposes, including promotional, advertising, and commercial purposes.

Upon submission of this form you grant permission to use your photo, image, written statement, video, testimonial, voice or likeness in promotional materials and publicity efforts without any compensation.

Photos and videos may be retouched or edited and may further be used in publications, print ads, electronic media (e.g. video, internet) or other media now known or hereafter created.

You further agree that by participating in the photography or filming or providing written or verbal statements, you Elevate Fitness & Rehabilitation, Inc. and its representatives, employees, photographers, and their designees from any and all liability for violation of any privacy or proprietary rights.

I further agree to the inclusion of my first name and first initial of my last name.

Your 'Before' and 'After' photos will not be shared without your approval.