



2013

OFFICIAL RULES & REGULATIONS

Congratulations!

You have just made one of the most important decisions of your life and we want to officially welcome you to the **Hynes Fitness Challenge 2013!**

This is an easy to follow, step-by-step plan that will help you get into the best shape of your life. We're all frustrated with diets and gimmicky exercise programs; this is your chance to try something that really works.

We want to help you obtain optimal health and get into the best shape of your life! The Hynes Fitness Challenge has helped many people to get do just that in the last couple of years and now we want to share it with you.

The key to your success with this program is to make healthy lifestyle changes and take small steps that will allow you to achieve the result you've been looking for. We recommend that you do this by eating 5 - 6 small meals spread throughout the day and that you begin a combination of cardiovascular and weight resistance training into your routine. Keep in mind it's important that you enjoy these activities and changes so that you'll stick with them in the long run.

There are two main reasons that people fail when they start new diet and exercise programs:

- People simply start out with the wrong information
- People lose motivation

When you have a program that's easy to follow and one that gives you the right tools to help you stay motivated your great results are right around the corner. One thing to remember is, it won't happen without work, hard work. But if you have the right road map and if you're motivated to follow it through to its finish, **YOU CAN** get into great shape.

Now, listen carefully...

No matter what shape you are in now, you **CAN** improve your health, your body and by extension, your self-image! In many cases you may improve so much that your family and friends won't believe the transformation.

Are you ready to get started?

OVERVIEW

- Length 90 days
- Starts January 13th, 2013 and ends April 14, 2013
- Entry Fee \$25 (required) will enter you for Overall Transformation and Best Abs and you have the option of selecting any of the additional categories below.

Level	Description	Cost
Standard Body Transformation Package	Overall best transformation from before and after photos, (must be e-mailed in)	\$25
Entry Into Overall Transformation Contest and Best Abs **Receive a FREE HFC Performance Bracelet!**		
Performance Plus Package	Standard Body Transformation Package PLUS Performance Plus Event. Event is most push-ups and sit ups in a minute and total pull-ups. Must be present on April 14 th for live event in Seattle. This is a great event where you get to compete against other participants in your age and gender category.	\$35
Receive a FREE HFC Performance Bracelet!		
Hynes Fitness Gold Coaching Program	Standard Body Transformation Package PLUS Performance Plus Event PLUS Gold Coaching. <ul style="list-style-type: none"> • 12 Weekly Coaching Calls / Webinar • Complete Training and Nutrition Plan: Support, Motivation, Insight, Guidance, Q&A • Email consultations • HFC T-Shirt 	\$80

- Cash Prizes based on number of participants, the more people that join the bigger the prizes!
- Age Groups (Male and Female):
 - Adults 18 – 39
 - Masters 40 +
- Completed Online Registration Packets due no later than **Sunday, January 23th by 11:59 pm PST**
 - Complete Registration
 - Accepted Payment Methods: PayPal
- **Kick Off Orientation:** Recommended but not required – we think it will be helpful especially for those who are going to do the Performance Plus event.
 - Location TBA
 - Registration and Orientation
- **Performance Fit Plus Main Event: Sunday April 14th, 2013**
 - Will take place at Energy Fitness and Health you must be present to win this event.
 - Event will have sponsors, free goodies, winners of all categories will be announced and cash prizes will be awarded – this is a festive event!
- **90 Days Results Due must be turned in and/or received by April 14, 2013.**
 - Before and After Photos
 - Measurements


Event Descriptions


1	Standard Body Transformation Package	FEE
	<p style="text-align: center;"><u>Overall Transformation</u> Potential for 4 Winners (1 winner per age group and Male and female groups) (Judges reserve the right to award an additional Honorable Mention and/or Inspirational Award)</p> <p>Required poses are:</p> <ul style="list-style-type: none"> • Front Photo – With newspaper held on side • Rear Photo • Side Photo • Optional Photo- Your choice <p>Essay Questions</p> <ul style="list-style-type: none"> • This is new this year don't forget to complete your First Week and Final Week Essay Questions and turn them in – it counts for 25% of your score. <p>Winners will have lost body fat and gained lean muscle during the contest as seen through their photos. Photos cannot be retouched, in size and there must be a current (for the day of the photo) local newspaper with the headline and date visible in the <u>front photo</u>. ALL PHOTOS MUST BE EMAILED.</p>	\$25
1	Best Abs/Stomach	
	<p style="text-align: center;"><u>Best Abs</u> Potential for 2 winners (1 male and 1 female)</p> <p>Having a toned midsection (six-pack abs) is something that all want to aspire to accomplish. Your photos will be reviewed and voted on by non-participating judges - this is for the best abs so send your best "after" photo! ALL PHOTOS MUST BE EMAILED.</p>	Included w/ entry fee


(continued)

2 Performance Fit Plus		
	<p>Potential for 6 Winners 1 Male and 1 Female for each category No Age Consideration</p>	<p>\$35 (Includes Standard Plan)</p>
	<p>The Performance Plus category includes 3 categories:</p> <ul style="list-style-type: none"> • Pull-ups • Pushups • Sit ups <p>This is a full on contest. The winners will do the most reps (with correct form) in one minute for each exercise event prizes will be awarded per category Male/Female.</p> <p>If you choose to accept this challenge you are encouraged to attend the kick-off on January 21st at Energy Fitness and Health to get the rules of “correct form.” If you do not have correct form the reps will not be counted.</p> <p>You are <u>not</u> obligated to compete in all three exercises to be eligible to win, you can do one, two or all three. If a participant argues with a judge at any time he/she will be disqualified.</p> <p>Judges for this contest are not allowed to participate in the challenge.</p>	
3 GOLD Coaching Program		
	<p>You will get better results with a coach; this has been proven again and again in business as well as personal life goals. This year we have put together a coaching system that will explode your achievement beyond your wildest expectations. The cost \$9.95/month which is less than \$30 over the life of this competition. What’s included?</p> <ul style="list-style-type: none"> • 12 Weekly Coaching Calls / Webinar • Basic Training Plan: <ul style="list-style-type: none"> ○ Support – we will share our exercise routines, diet plans and what supplements we take ○ Motivation– Positive thinking –we will keep you on track. ○ Insight– you will receive specific work out plans and exercises to target those hard to develop areas ○ Guidance – we will teach you how to prepare your kitchen/pantry and only stock items that will bring you success and more ○ Q&A – you will have the opportunity to ask questions that pertain to your individual training. • HFC T-Shirt 	<p>\$70 (Includes All of Above)</p>

Your Photos

FRONT	
Date of my front "BEFORE" photo:	Date of my front "AFTER" photo:
	

Back	
Date of my back "BEFORE" photo:	Date of my front "AFTER" photo:
	

SIDE	
Date of my side "BEFORE" photo:	Date of my side "AFTER" photo:
	

Participant's Choice	
Date of my choice "BEFORE" photo:	Date of my choice "AFTER" photo:
	

Performance Plus Guidelines

Performance Plus is a different aspect of our event that is based solely on your physical ability. Below details the correct form for each event as well as a basic guideline on to assess your performance.

Push Ups/Min: Keeping back and legs completely straight as you lower your chest to the ground. See chart below for your rating.

Push Ups	Poor	Fair	Good	Very good	Excellent
Men	<22	22-28	29-36	37-46	>48
Women	<9	9-13	14-19	20-24	>25

Sit Ups/Min: Lie on the floor with your knees bent, feet flat. Hands resting on your thighs (no cheating by, squeeze stomach, push your back flat against the floor and come high enough for your hands to touch the tops of your knees . Keep chin tucked in, and keep lower back flush to the floor. See chart below for your rating.

Sit Ups	Poor	Fair	Good	Very good	Excellent
Men	<33	33-37	38-41	42-46	>47
Women	<27	27-31	32-37	38-43	>44

Pull Ups: Grasp the overhead bar using an overhand grip (palms facing away from body, with the arms fully extended). The subject then raises the body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended. As many full pull-ups as possible are performed.

Pull Ups	Poor	Fair	Good	Very good	Excellent
Men	0-3	4-9	10-12	13-15	16
Women	0-1	2-3	4-5	6-8	9

Body Fat Analysis

Knowing your body fat percentage is an important first step towards achieving your transformation goals. Body fat percentage is the amount of fat on your body. It's what you REALLY want to lose. Losing weight can be a lot of things. Weight can be water, muscle, or body fat. When you step on a scale, you only see weight. The scale can only tell you whether you gained or lost weight, but it cannot tell you what that lost weight is. This is where knowing your body fat percentage is crucial and after 16 weeks you will have a thorough understanding of just that.

Hydrostatic or underwater weighing is considered the most accurate measurement method available. Body fat is determined by measuring the amount of water you displace when you enter the tank.

The procedure is based on Archimedes' principle, using the following three measurable values: The weight of the body outside the water, the weight of the immersed body and the density of the water. Then the formula below can be solved for the density of the body:

$$\frac{\text{density of body}}{\text{density of water}} = \frac{\text{weight of body}}{\text{weight of body} - \text{weight of immersed body}}$$

Below are key targets for you to help determine your body fat goal.

Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Normal	22-25%	15-18%
Above Average	25-29%	18-20%
Overweight	29-35%	20-25%
Obese	35+%	25+%

Official Rules & Regulations

1. Void where prohibited by law. Contestants from the Continental United States and Canada only. Any cash prizes awarded will be in United States currency.
2. Anyone who has competed as a professional bodybuilder or a professional fitness/figure contestant is not eligible.
3. No member of HynesFitnessChallenge.com (Randy and Kurt Hynes) will be allowed to compete in the Transformation/ best abs events.
4. You must be at least 18 years of age at the time you enter the contest. Consult a qualified medical doctor before beginning any weight training, diet, or fitness program. All contestants assume all risks associated with participating in the contest. Participants and their Trainers agree to release and hold harmless Hynes Fitness Challenge, its officers and agents, and all judges, of any and all liability from loss, risk, damage, or injury that may occur from participating in the Hynes Fitness Challenge. (If under 18 participants must get signed parents approval)
5. You must be 100% drug-free to compete in the Hynes Fitness Challenge. The prize winners may be tested by urine analysis, polygraph, and any other means Hynes Fitness Challenge deems necessary. Anyone testing positive for anabolic steroids, prescription diuretics, non diabetic insulin, or non-prescribed thyroid medication will forfeit their winnings to the next highest scoring competitor.
6. All winners will be notified by mail, e-mail, phone, or in person.
7. Incomplete registration packets may result in the contestant disqualified, so please submit your packages after you have carefully checked it. Hynes Fitness Challenge is not responsible for lost, damaged, or incomplete entries.
8. Hynes Fitness Challenge reserves the right to amend the rules or change prizes. In the event of any changes, the prizes will be of equal or greater value. Prizes are nontransferable. Prizes subject to availability.
9. Age categories may be adjusted depending on the ages of participants – all participants will be notified of any such changes.
10. All judges' decisions are final. Winners to be determined at judges' discretion.
11. Participation in this contest grants Hynes Fitness Challenge the irrevocable license to use the name, testimonial, diet, workout, pictures, and any other information related to the contestant's participation in the contest for promotional and advertising purposes. All information and materials submitted become sole and exclusive property of Hynes Fitness Challenge. Participants' scores are confidential and may not be disclosed.
12. Contestants and their trainers agree to indemnify the Hynes Fitness Challenge, their officers, directors, employees, agents, and all judges for all legal costs, including attorney's fees, in the event that Hynes Fitness Challenge is named in, or threatened to be named in, any lawsuit, arbitration, mediation, or other legal or equitable action arising from their participation in the contest.
13. Reasons for disqualification include, but are not limited to:
 - Incomplete Entry
 - Missing or Improper Pictures
 - Missing Contest Deadlines
 - Lost Entry
 - Invalid Contact Information