

B3 Coaching 8-week TRANSFORMATION challenge

The 8-week transformation challenge (“The Challenge”) is a self-improvement body transformation challenge providing a body re-composition training and nutrition plan to get in the best shape possible in 8 weeks.

How to Enter

To officially enter The Challenge You must purchase the challenge at www.barbellsbeautyandbrains.com.

To enter and complete the challenge, you must:

- ✓ On January 22nd, 2024 you will take 3 full-length digital photos taken from the (1) front, (2) back and (3) side. You should wear a sports bra and shorts or a bikini – hold these photos on your phone (create an album in your photo gallery or save them somewhere safe to upload at the end of the challenge with your after pictures)
- ✓ In your front-view photos, you must hold up a piece of paper with your name, start date and name of the challenge and your weight.

You will take your after pictures on March 18th 2024 and create a side by side collage with your before pictures (see image below) and then **SUBMIT TO** barbellsbeautyandbrains@gmail.com by 11:59pm PST on March 20th 2024.



How Winners Will Be Selected

Judges from B3 Coaching will select winners based on a combination of the biggest visual transformations. A total of two (2) winners will be selected:

- 1 Grand Prize Winner

- 1 Runner-Up Winner

Winners of The Challenge will be announced on March 30th, 2024 inside the private Facebook group, inside the B3 Coaching Facebook Group and on B3 Coaching Instagram.

Who is Eligible to Enter?

The challenge participants must be at least 18 years of age. Winners can enter from anywhere in the world. Cash prizes are in CANADIAN funds and sent via email money transfer or PayPal. (you must be able to accept an email money transfer or PayPal to receive your prize money.

Regulations and Requirements

B3 Coaching reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion. Any amendments to the rules or changes in prizes will be published online at www.barbellsbeautyandbrains.com. Rule interpretations and all judging decisions are final. All information and materials submitted become the sole and exclusive property of B3 Coaching.

Each participant in the challenge assumes all risk of injury, harm or loss of any kind arising from participation. 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. Participants in the challenge will not hold B3 Coaching, Amy Lang or any employees of B3 Coaching, responsible for risk, loss, injury, damage or harm that may arise from participating in the challenge.

Participants must notify B3 Coaching in writing of any change of email address or phone number. Winners who cannot be reached within ten (10) days at the address or phone number provided will be forfeit their winnings.

Submission of your completed entry form and photos for the challenge constitutes your express consent and permission for B3 Coaching to use your name, photographs and written responses for promotional and advertising purposes and such consent is deemed given by your entry and participation in the challenge. Submission of your entry information shall be deemed your acceptance of these rules and regulations and your voluntary transfer to B3 Coaching of all right, title, and interest, including copyright, of your photographs and written responses.

Prizes

There will be two (2) prizes awarded.

One (1) Grand Prize Winner: Winner will receive a \$1000 CAN cash prize

Two (1) Runner-Up Winner: Runner-Up winner will receive \$200 CAN cash prize

