

LiFT42DAYS Challenge Terms and Conditions

(a) The LiFT Strength & Conditioning and associated contest (referred to as the “LiFT42DAYS” or the “competition”) is a game of skill. Chance plays no part in determining the winner. Each entry will be individually judged, based upon individual overall body transformation, which will be determined by taking into account body fat percentage loss, weight loss, fitness testing and overall appearance.

To be eligible, an individual must submit to LiFT Strength & Conditioning (via their LiFT STRENGTH & CONDITIONING Studio): (i) a ‘before’ photo and body scan, which records the weight, body composition and physical appearance of the individual immediately prior to the commencement of the LiFT42DAYS, taken by or in the presence of a representative of LiFT STRENGTH & CONDITIONING Studio; (ii) Complete the LiFT6RM (6 rep max) test and the LiFTENDURO (endurance) test prior to commencement on the designated days; (iii) an ‘after’ photo and body scan which records the weight, body composition and physical appearance of the individual immediately after the end of the LiFT42DAYS challenge, taken by or in the presence of a representative of a LiFT Strength & Conditioning Studio. Photos must be the original images and must not be edited or altered in any manner, which includes adjusting the lighting of the photos. Photos must be taken in the manner and at the times determined by LiFT Strength & Conditioning. If LiFT Strength & Conditioning reasonably believes or suspects that photos, body scans or any other information submitted to LiFT Strength & Conditioning has been edited, altered or adjusted in any manner, then LiFT Strength & Conditioning may disqualify an individual without notice; (iv) Complete the LiFT Strength & Conditioning 6RM test and LiFTENDURO test in the presence of a LiFT Strength & Conditioning representative post completion on the designated days. LiFT Strength & Conditioning will only consider those entries submitted to them by a LiFT Strength & Conditioning Studio; (v) Consent to the release of their before and after pictures to LiFT Strength and Conditioning for the sole purpose of LiFT Strength and Conditioning promotional activity.

(b) Employees of the promoter and agencies associated with this promotion (F&J Capital Pty Ltd) are ineligible to enter the competition, as are their immediate families. Additionally, persons who are not members of a LiFT Strength & Conditioning Studio for the duration of the LiFT42DAYS challenge are not eligible for any of the prizes associated with this promotion.

(c) The winner/s of the LiFT42DAYS challenge will be determined by F&J Capital Pty Ltd at its sole discretion.

(d) Winners of the competition must be 18 years old and a member of a LiFT STRENGTH & CONDITIONING Studio.

(e) The promoter reserves the right to withdraw or amend the competition as necessary due to circumstances outside its control.

(f) Prizes are non-transferable and non-redeemable for cash. Any attempt to resell or auction all or any part of this prize will result in an immediate cancellation of the prize. Prize cannot be exchanged for another. In the event that, for any reason whatsoever, a winner does not take an element of the prize at the time stipulated by the promoter then that element of the prize will be forfeited by the winner and cash will not be awarded in lieu of that element of the prize.

(g) The promoter reserves the right to substitute any component of the prize for an item of equal value at their discretion.

(h) The promoter shall not be liable for any loss or damage whatsoever which is suffered (including, but not limited to, indirect or consequential loss) or for personal injury which is suffered or sustained, in connection with any prize, except for any liability which cannot be excluded by laws.

(i) By entering the competition, all entrants will be deemed to have accepted and agreed to be bound by these rules.

(j) The winner will be notified in writing by email within thirty (30) working days of the conclusion of the competition.