

# Challenge Rules and Info

## Updated 11.12.14

- Entry Fee:  
Option 1: \$75.00 donation to charity (entry fee for challenge event on 12.14.2014)  
Option 2: \$149.99 per person (Includes \$75.00 entry fee, 30 day ETS FIT membership – group training sessions available 7 days a week and day Gold's Gym Membership).
- Minimum of 4 (four) teams – Team 1: Law Enforcement Officers Team 2: Firefighters Team 3: ETSFIT Members, Team 4: Golds Gym Members,
- Participants of the Law Enforcement and Firefighter teams do not have to be current members of #ETSFIT and/or Gold's Gym.
- All contestants must complete the information and liability forms.
- All contestants are *recommended* to complete three (3) workouts per week in a combination of strength training, cardiovascular, and endurance training programs for maximum results.
- A minimum of four (4) teams of eight (8) contestants must take part for the contest to take place. If this minimum is not met, a full refund will be given.
- No refunds are given after the registration fee is paid, with the exception of not meeting minimum requirements.
- **\$75.00 of each entry fee will be donated to the winners' charity of choice (Entry Fee Option 1)**
- **Each team, upon payment of full registration, will be issued a 30 day #ETSFIT membership and access to Gold's Gym. (Entry Fee Option 2)**

### Team Requirements:

- Each team must consist of 8 team members. "Law Enforcement" must include all active law enforcement personnel (members do not need to work for the same force, city, department, etc.). "Firefighters" must include all active *paid* firemen (team members do not need to work in the same department, city, etc.), "ETSFIT Team" and "Gold's Gym Team", may include a combination of any **division**: Military, Firemen, Law Enforcement, EMT's (retired or active) that are current members of ETS or Gold's Gym.
- Each team member must participate in at least one (1) event on "challenge" day.
- Each team member must pay a minimum of \$75.00 registration fee in order to participate in the challenge on 12.14.14.
- Each team should designate a team captain. Team captain will communicate with the Coach and be responsible for the communication amongst his/her team.
- Charity must be a recognized 503(c) organization or may directly benefit a family that exhibits extraordinary need during this holiday season.
- Charity must be designated no later than November 21, 2014.

### Challenge Information:

- Date: December 14, 2014 Time: 9:00AM
- Events to include:
  1. Bench Press
  2. Battle Ropes
  3. Pull Ups
  4. Sprints
  5. Tire Flips
  6. Burpees
  7. Planks
  8. "Tug of War"