



## Body Composition Challenge Rules

1) The FitnessWave Body Composition Challenge runs from August 10, 2009 to November 12, 2009. All entrants must start the Challenge by August 21, 2009. Each entrant will have 12 weeks (84 days) to complete the Challenge.

2) Results and winners will be determined by hydrostatic body composition analysis. All testing will be conducted at the FitnessWave Office in Franklin, TN.

3) Each entrant is required to take "Before and After" photos.

4) To enter the Challenge:

-You must schedule an initial hydrostatic analysis between August 10, 2009 and August 21, 2009. Your "Before" photos will be taken during this appointment.

-You must schedule a final hydrostatic analysis 12 weeks (84 days) after your initial test. You can schedule your final analysis on Day 85. Your "After" photos will be taken during this appointment.

5) By entering this Challenge, each entrant consents to the use of his/her name, and/or photograph in any publicity carried out by the Challenge Sponsor and its advertising and promotional agencies without further notice or compensation.

6) Prizes will be awarded for:

Most Improved Body Composition

There will be a Grand Prize package, a Second Place Prize package, and a Third Place Prize package

The winners of these prize packages will be the entrants who make the greatest improvement in body fat % as a percentage of their initial body fat %.

Example: Initial BF%= 30%, Final BF%=25%

$30\% - 25\% = 5\%$  change

$5\% / 30\% = 16.67\%$  Body Composition Improvement

7) There will be only one winner for each prize package. In the event two or more entrants are tied in any category, the tie will be broken by first determining which entrant lost more fat mass. If they are still tied, then the tie will be broken by determining which entrant gained more lean mass.

8) The Challenge Sponsor (FitnessWave) reserves the right, in its sole discretion, to modify, cancel or suspend this Challenge should any external circumstances arise which are beyond the reasonable control of the Challenge Sponsor. The Challenge Sponsor is not responsible for any errors in printing or advertising this Challenge.

The Challenge Sponsor collects your personal information for the purposes of registration, program evaluation, and to keep you informed about the Challenge. The Challenge Sponsor may also contact you from time to time with information about other programs and promotions.

The Challenge Sponsor will not share any personal data about entrants with any other party.

By entering this Challenge, entrants agree to release and hold harmless the Challenge Sponsor and their respective employees, officers, directors, agents, representatives, successors, assigns, advertising and promotional agencies from any liability for any loss or damage of any kind to the entrant or any other person in connection with this Challenge or participation in any Challenge related activities, including but not limited to the taking of a urine test or, if declared a winner, the use or misuse of a prize or any portion of a prize including personal injury, death or property damage.

This Challenge will run in accordance with these Challenge Rules, subject to amendment by the Challenge Sponsor. Challenge Sponsor reserves the right to cancel, amend, modify or terminate this Challenge or the Rules at any time in its sole discretion and without notice.

Entrants must comply with these Rules, and will be deemed to have received and understood the Rules if they participate in the Challenge.