

LOSE WEIGHT

12 wk Transformation Contest - 2 winners!
\$500 cash prizes
and more

METROFLEX GYM SAN MARCOS
413 RIVERSIDE DR
SAN MARCOS, TX 78666

WIN



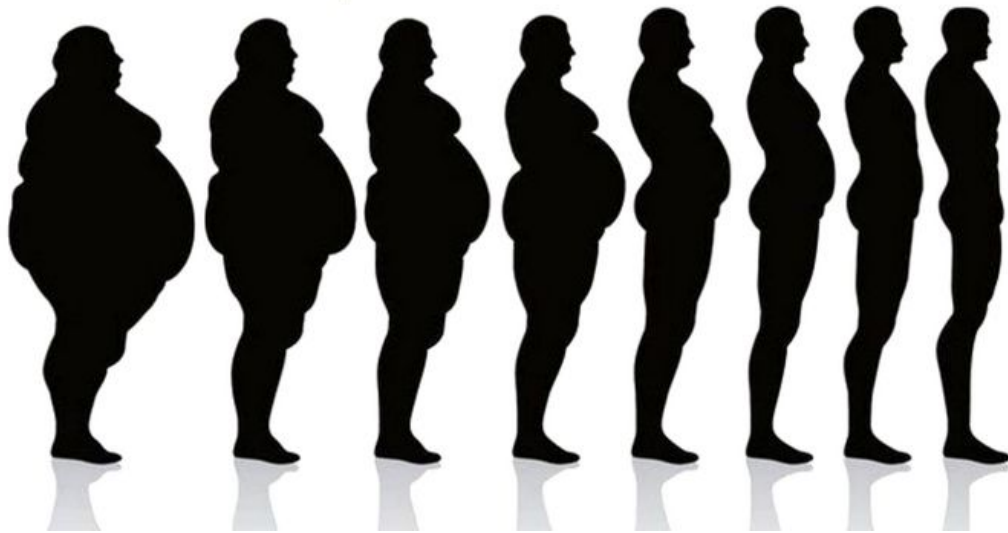
FOR MORE INFO:

WWW.METROFLEXSANMARCOS.COM

512-878-8575 / text: 830-837-6738

METROFLEXGYMSM@GMAIL.COM

ENTRY DEADLINE: JANUARY 31.



Metroflex Gym Transformation Contest is Back!

If you want to lose weight, build muscle, tone, or tighten, this contest is for you. **We will have 2 WINNERS!** Anyone can enter from anywhere in the world! One winner will be chosen based on body fat percentage lost and muscle gained. The other will be judged by their overall transformation and YOU choose the winner! We will post on Facebook, Instagram and in the gym so you can vote on the best transformation. This isn't just about losing weight; it can be about you getting super shredded, building muscle, competing in a bodybuilding show, or a marathon.

MFG TRANSFORMATION CONTEST 2018

WINNERS WILL RECEIVE THE FOLLOWING PRIZES

- **Biggest Loser/Gainer:**
 - \$300 CASH!
 - \$50 Gift Certificate to Rocks Discount Vitamins N More
 - 1-Year FREE Membership at Metroflex Gym San Marcos
 - 1 Month Personal Training at Metroflex Gym San Marcos (1 month online training if non-local)
 - Apparel
- **People's Choice:**
 - \$200 CASH!
 - \$50 Gift Certificate to Rocks Discount Vitamins N More
 - Apparel

*****WEEKLY ONLINE PRIZES WILL BE GIVEN AWAY TO COMPETITORS POSTING ON SOCIAL MEDIA USING OUR HASHTAG #MetroflexSMTransformation and tagging:**

Facebook: @Metroflex Gym San Marcos or

Instagram: @metroflex_sanmarcos and @rocksdiscount

Judging Criteria:

Biggest Loser/Gainer Award: winner will be based on the amount of body fat lost, muscle gained, and inches (overall transformation)

People's Choice Transformation Award: winner will be based on the total amount of votes. Voting will be held at Metroflex Gym San Marcos, Facebook, and Instagram. The contestant with the most overall amount of likes/votes is the winner. All before/after photos must be posted with a sheet of paper with **#MetroflexSMTransformation** and tag Facebook: @Metroflex Gym San Marcos and/or Instagram: @metroflex_sanmarcos and @rocksdiscount.

FREE Body Fat Measurements: Will be held at Rocks Discount Vitamins N More

Address: 102 Wonder World Dr Suite 201, San Marcos, TX 78666

Phone: (512) 667-6566

Eligibility:

-ANYONE who wants to transform his or her body...from anywhere in the world!

-Membership at Metroflex Gym San Marcos is NOT a requirement

* MFG Membership discounts are available for non-members.

-You must be at least 18 years of age at the time you enter the contest.

-To enter the People's Choice Award, you must have an Instagram and/or Facebook account.

Entry Deadline: January 31, 2018

-All entry forms and fees must be submitted to Metroflex Gym San Marcos no later than February 2nd. If mailed, entries must be postmarked by February 2nd. **Your 12-week program will begin on the day you submit entry completely - paid and photos submitted.**

Entry Fee: \$50

-This fee registers you for both competitions.

-Cash, Check, and Money Orders accepted (if mailed), Pay over the phone (512-878-8575)

-Entry fee does not cover membership to Metroflex Gym San Marcos.

* MFG Membership and Training packages discounts are available for contestants.

MFG TRANSFORMATION CONTEST 2018

Terms & Conditions:

Body measurements help you stay on track! Make a note of your starting and finishing body measurements and monitor your progress carefully. If you cannot participate in our complimentary body fat measurements or find a body comp measurements near you, you are only eligible for the People's Choice Award. In order for the measurements to count, we must see a digital representation of your before and after using a Body Composition Machine. **All "before" photos, fees, and measurements are due (or must be postmarked) by January 31, 2018.**

Biggest Loser/Gainer:

You will be judged based on measurement criteria of body fat percentage lost. This takes into consideration amount of fat lost, weight lost, muscle gained, and overall inches. YOUR 12-WEEK PROGRAM WILL BEGIN ON THE DAY YOU SUBMIT ENTRY FEE AND ARE MEASURED.

People's Choice:

You will be judged on the most dramatic change, so we must be able to see your body clearly (swim suits/tank tops or swim trunks are strongly recommended). Make sure your photos are large enough and good enough quality, so people can judge your transformation fairly. All before/after photos must be posted with a sheet of paper with **#MetroflexSMTransformation** clearly written.

Photos/Measurements

You will take your "Before" photos and body fat measurements at the start of your program and fill out the entry form. "After" photos and measurements will be due after the 12-week completion of your transformation. If you cannot take the photo on the exact start/finish day, please make sure you do this within three days. On all your front photos, you must hold a sheet of paper with **#MetroflexSMTransformation** written large and legibly on it. Show as much of your physique as possible and you are comfortable with. Make sure when you take your pictures that you are as close as possible to the camera so that we can see you clearly.

When finished with your competition, both the "before" and "after" photos must be submitted to Metroflex Gym San Marcos no later than May 10, 2018. If mailed, they must be postmarked by May 10nd. If your photos are submitted past the due date of May 10, you are not eligible to win.

Deadline for sending "Before" measurements is February 15, 2018. Deadline for "after" measurements is May 10, 2018 (your exact measurement date is based on 12 weeks after your initial measurements). If you cannot be measured by Rocks Discount Vitamins N More Body Compositon machine or similar macchine, you are not eligible for the Biggest Loser/Gainer award. You are still eligible for the People's Choice Award.

MFG TRANSFORMATION CONTEST 2018

CONTEST ENTRY FORM

I have read and understand the Terms and Conditions of this event and I voluntarily agree to the following: Metroflex Gym San Marcos (hereafter referred to as MFG) is in no way responsible for nutritional planning, work out regimen, or guaranteed weight loss. MFG is not held liable for any health illnesses or injuries that may have resulted due to my fitness and nutrition regimen or weight loss.

I will indemnify and hold harmless MFG and all staff, employees, assignees and anyone associated with MFG for any (and all) injury, accident, loss or theft, or any dispute that may arise between myself and MFG or any other services offered in the community. I understand that MFG does not give refunds for registration fees, and that the Terms and Conditions of this agreement are subject to change without notice.

I understand MFG holds the right to disqualify me if I am caught cheating in any way. Giving false weights (e.g. using lead belts, rocks, or weights) during weigh in will be deemed as cheating. Falsifying photos will be deemed as cheating. I also understand that if I am declared the winner, I must be willing to submit to a drug test at the end of the contest.

I understand that in no way does MFG guarantee weight loss, but is holding this event to aid myself in connecting with services and programs to help me obtain this. I will continue to be eligible to earn the cash rewards etc. if I follow all terms and conditions of this contract. I will earn the reward if I am the person who has lost the most percentage of body fat after the 12 (twelve) week time period. I also understand that in the event there is a tie, the reward will be split equally.

Signature _____

NAME	DATE
ADDRESS	METHOD OF PAYMENT Cash Check (Check #) _____ Money Order Credit/Debit Card (accepted at MFG facility only. CALL OR PAY OVER PHONE)
PHONE	EMAIL
INSTAGRAM	FACEBOOK
BODY FAT%:	WEIGHT:

Mail Submissions to: Metroflex Gym San Marcos
413 Riverside Dr
San Marcos, TX 78666

E-Mail Submissions to: MetroflexGymSM@gmail.com