4 U Body Fitness Winter Transformation Guidelines

There will be two categories

Weight loss – Waist Measurement lost by percentage and weight lost by percentage, the average of the two scores will give us the result.

Overall transformation - This will be based on a combination of Fitness test increases, Body shape changes by photo and measurements. This will be judged and voted on by the entire 4UBF Team using a 3, 2, 1 voting system.

Qualification and admittance

All applicants will be required to submit a photo and measurements pre-week (starting Monday 30-05) and week 1 (last date to formally enter the challenge will be Sunday night June 12),

Check ins (resubmission of measurements and photos) will be: end of week 4 – Sunday 3rd of July

End of week 8 – Sunday July 31st

Final Submission will be Weds 31st of August (this is to allow the full 12 weeks of photos and measurements.)

Photos – You will need to have a 4 U Body Fitness Transformation image in the background of the photo being released this morning!

Photos can be taken wearing anything that you are comfortable wearing, if that is in a singlet and shorts, or in your swimsuit it doesn’t matter and will not affect the final judging for winners. However it is important to be able so see the shape of your body so that you can track your progress effectively!

Measurement – We will be taking a waist measurement, this is a relaxed measurement using the belly button as a marker.

Fitness test – 1 minute of push-ups, inverted rows, Jump squats, step ups and a max plank will be what we use to test. Scores will be taken and recorded by your trainer. (variations will be provided for those who cant complete the specific tests)

How to enter the challenge!

Submit your starting photos and measurements to info@4ubodyfitness.com.au (Your photos will remain confidential and will not be shared or reproduced without permission, this is purely to register).

Trainers will have a template for entering that you can fill in and send in. The template is also going to be posted on here this morning