

2020 CHALLENGE

“AT HOME” FINAL CHECK-IN INSTRUCTIONS

In light of the on-going Coronavirus (COVID-19) outbreak, this “at home” final check-in option has been added for all 2020 Gold’s Gym Challenge entrants. We are also providing all Gold’s Gym members with free premium access to our GOLD’S AMP™ digital personal training app as well as on-demand streaming video workouts. Activation details are available at www.goldsgym.com/anywhere.

If you elect to use the “at home” final check-in option, please follow the below instructions in their entirety to avoid disqualification. Additional verification may be required as further detailed below.

TAKING YOUR ‘AFTER’ PHOTOS

What To Wear In Your Photos

It is preferable to wear the same or similar clothing in your ‘after’ photos that you wore in your ‘before’ photos.

Recommended ‘after’ photo clothing is as follows:

- Form-fitting compression clothing
- Tie hair up in a bun, off shoulders and neck
- Remove socks and shoes
- Remove jewelry and watches (rings can stay on)

Men: We recommend wearing a pair of compression shorts that are not too long or baggy (it is preferred that men do not wear a shirt, but if you choose to it should be a compression shirt).

Women: We recommend wearing a two-piece bathing suit or sports bra w/compression shorts.

IMPORTANT: PHOTOS IN UNDERWEAR ARE NOT ALLOWED AND WILL BE SUBJECT TO DISQUALIFICATION

Photo Set-Up

The set-up for your photos is important and we recommend the following:

- Find a well-lit, uncluttered area with a light-colored wall. The area you choose must allow for you to take a photo with your full body showing.
- If you only have dark walls available, we recommend hanging a white sheet or backdrop in the area where you choose to take your photo.
- Take the photo in an area of your house where **ONLY** (1) you, (2) the backdrop and (3) a newspaper, laptop/tablet, electronic clock or other device that clearly displays the date of the picture will be captured.

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Photo Requirements

- **ONLY** front and back photos will be accepted (do not take side photos)
- Your full body must be captured in the photo
 - You should be centered from top to bottom within the photo frame
- Photo must include a newspaper, laptop/tablet, electronic clock or other device that clearly displays the date of the picture
 - Make sure that the newspaper or device is not blocking you in the photo (i.e. tape the newspaper to the wall or prop it up on the floor). **DO NOT HOLD THE NEWSPAPER IN YOUR PHOTO.**
- No flexing / posing
- No socks and shoes
- You should stand tall and relaxed with your arms slightly out to the side

****Photos can be taken with a standard camera or smart phone camera.**

Original photos must be submitted. Any detectable editing or tampering of photos will result in disqualification. Local Category winners and National Level finalists who submitted their final check-in via the “at home” option may be asked to provide additional verification.



TAKING YOUR 'AFTER' MEASUREMENTS

All measurements should be recorded on the provided “At Home Measurement Entry Form.” You must take three circumference measurements and provide your weight and your height.

Your weight can be taken on a home scale; if a scale is not available to you, please enter your last known weight and the date it was taken. You can use a tape measure to determine your height or use the height from your driver's license.

The circumference measurements are as follows:

- **Waist** – Horizontal measurement taken **at the belly button**, keeping the tape measure level around your entire circumference
- **Hips** – Place feet together and measure around the widest point of the glutes
- **Right Thigh** – Stand with your feet about 12 inches apart and measure around the right thigh six inches above the kneecap

****Make sure to take circumference measurements in inches. A fabric tape measure is recommended but not required.**

IMPORTANT: Please provide your measurements to the best of your ability. If you're unable to access a scale and/or tape measure, please indicate your measuring methodology as part of your submission.

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SUBMITTING YOUR PHOTOS AND MEASUREMENTS

Once your measurements and photos are complete, submit them to your local Gold's Gym **via mail or email**. If submitting via email, contact your local gym to confirm the email address that must be used. Make sure you submit your final check-in information to the gym where you conducted your 'before' photos and measurements.

Email submissions must include the following attachments:

1. **"At Home Measurement Entry Form"** with all fields completed. If you have any issues with including the form as an attachment, you must type all required contact information and measurements in the body of your email:
 - Home Gym + Date of Submission
 - First and Last Name
 - Phone Number
 - Date of Birth
 - Height
 - 'After' Weight
 - 'After' Waist Measurement
 - 'After' Hips Measurement
 - 'After' Right Thigh Measurement
2. **One front photo** – as high resolution as possible. JPEG image file format is preferred.
3. **One back photo** – as high resolution as possible. JPEG image file format is preferred.

Mail submissions must include the following:

1. **Printed "At Home Measurement Entry Form"** with all fields completed. If you are unable to print the form, please write out all required contact information and measurements clearly on a piece of paper and include with your submission:
 - a. Home Gym + Date of Submission
 - b. First and Last Name
 - c. Email Address + Phone Number
 - d. Date of Birth
 - e. Height
 - f. 'After' Weight
 - g. 'After' Waist Measurement
 - h. 'After' Hips Measurement
 - i. 'After' Right Thigh Measurement
2. **Printed front photo** – as high quality as possible. No larger than 4" x 6".
3. **Printed back photo** – as high quality as possible. No larger than 4" x 6".

If submitting by mail, we highly recommend submitting via a trackable method. Gold's Gym is not responsible for lost or undelivered mail.

All **email submissions** must be received within 24 hours of your final check-in date.

All **mail submissions** must be postmarked within 24 hours of your final check-in date.

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FINAL CHECK-IN TIMING

You must still complete your Challenge in no more than 12 weeks. You have the option to finish early but you cannot take more than 12 weeks from your beginning check-in to complete the Challenge. This is effective for members at all gyms, regardless if your gym is open or closed.

Contact your local gym to confirm the date that your final check-in must be completed by.

SUPPORT AND QUESTIONS

Please contact your local Gold's Gym for support and questions. You may also post questions in the [Gold's Gym Challenge Facebook Group](#).

Forms, instructions and Official Rules are available at www.goldsgym.com/challenge.