

Rules and Regulations

The Ultimate Body Challenge begins on February 6th and ends April 27th for a complete 12-week competition. Absolutely anyone has a chance of winning. It doesn't matter if you're a man or woman, 22 or 62. Competitors are judged on the greatest loss of weight based on a percentage of body weight lost over the 12-week Challenge period. There will be at least 3 winners (first, second, and third place) in the Ultimate Body Challenge that will be selected in one category based on a percentage of body weight lost. If there is a tie, the two winners will split the prize.

There are no makeup camps offered beyond the competition date (April 27th 2012). If you know you will miss days of camp, you must notify Richelle with Ultimate Body Boot Camp, LLC as soon as possible and make arrangements to attend another camp location.

Challenge participants may **not** use prescription weight loss drugs or medications unless prescribed by a doctor to treat an existing medical condition. If you are using a prescription weight loss drug, you must include a note about the medication and your medical condition in the written portion of your packet. Do not stop using a prescribed medication without first consulting with your doctor and getting his or her approval. Challenge participants must not undergo any weight loss surgeries (such as a gastric bypass or stomach stapling) to lose weight during the Challenge. All weight loss must be a result of healthy eating, activity, and a regimented supplementation program. Participants are prohibited from using HCG as a weight loss supplement or prescription, even if under medical advice.

Consult your physician or health-care provider before starting any new exercise, nutrition, or supplementation program. If you are not experienced with resistance training or an aerobic exercise program, please consult a qualified fitness professional. Each participant assumes all risk of injury, harm, or loss of any kind arising from participation in the Ultimate Body Challenge. Participants in the Ultimate Body Challenge release Ultimate Body Boot Camp, LLC, and their affiliated and related companies, and the directors, officers, and employees of any of them from all risk, loss, injury, damage, or harm that may arise from participating in the Challenge.

By submitting your completed Official Rules and Regulations in the Ultimate Body Challenge, you are giving Ultimate Body Boot Camp, LLC your express consent and permission for them to use your name, photographs, video footage, recorded voice, written responses, and any other material you submit (in whole or in part), for promotional and advertising purposes to promote Ultimate Body Boot Camp, LLC, it's business, its products and services, in any media and in any manner whatsoever, without limitation, restriction, or additional compensation, and such consent is deemed given by your entry and participation in the Ultimate Body Challenge, even if you are not judged to be a winner.

Submission of your completed Official Rules and Regulations Guide shall be deemed your acceptance of these Rules and Regulations and your voluntary transfer to Ultimate Body Boot Camp, LLC of all right, title, and interest, including copyright, of your photographs, audio, and video footage of you (if any), and written responses. The total contents of your completed Rules and Regulations Guide will become the sole property of Ultimate Body Boot Camp, LLC.

I represent that all statements made in this booklet are true and correct. I am 18 years of age or older and competent to make this statement. I have read, understand, and shall abide by all the rules and regulations of the Ultimate Body Challenge and by signing below; I swear I have abided by all rules, regulations, and requirements for competition in this contest.

Participant's Signature: _____

Printed Name: _____ Date: _____

Tips for Incredible Before and After Photos

You will need to take three “before photos” (front, back, side) at the beginning of your 12-week Challenge and three “after photos” upon finishing your 12-weeks. Try to send in the highest quality photos you can for both your before and after photos. If the judges can't see your changes, you won't be likely to win. Here's some important tips to help in your chances of winning:

1. Make sure these photos are of good quality, and that your body is centered and crystal clear in the photo.
2. Take the photos outside or in a well-lit room in which the light is in front of you so there are no shadows on your face and body. A good time to take a photo outside is in the early morning or in the late afternoon; the light is best at these times.
3. Make sure your body takes up the entire photograph. If you are too far away, we won't be able to see your true results. The top of your head should be at the top of the photo and your feet near the bottom.
4. The background of your photo should be uncluttered. There should be no furniture or pictures in the background. Try taking the photo in front of a plain white wall.
5. If you do not use a digital camera, be sure to get your before photos developed immediately at a one-hour photo store. You never know, the photos may not turn out, and you may need to retake them right away.
6. Use a quality digital camera or 35mm camera and email/send in only 3x5 or 4x6 photographs. Please do not use Polaroid cameras or phones. (Computer print-outs of digital photos will not be accepted.)
7. Be sure to keep a copy of all photos for yourself and have duplicates to send to us attached to this Guide. Do not send negatives—keep these in a safe place in case the original photos are lost or damaged in the mail.
8. Copyrighted photos will not be accepted unless a signed release from the photographer is attached to use the photos in any form, for any purpose.
9. Women must wear light-colored (no dark or black) clothes. Light color, form-fitting shorts and t-shirts or sports bras are preferred. Swim suits are the best. Guys need to wear shorts (no Speedos) with a form-fitting t-shirt or no shirt at all. It's important that you wear form fitting clothing that shows as much of your body as you feel comfortable so the judges can see your changes. Try to wear the same outfit or a similar style of clothing in your before and after photos.
10. Please do not hold a newspaper in your before or after photographs. Unfortunately, in the past, many challenge participants have accidentally covered up their bodies with the newspaper, which makes it impossible for us to see the changes.
11. Once you have your before photos, email them to us at richelle@ultimatebodybootcamp.com or mail to us, and we will let you know if they are approved.

By the way, don't let the fear of having these photos taken stop you from starting the Challenge. Taking and reviewing these photos will actually give you the “mental leverage” you need to take action and make a great physical transformation. You may be a little embarrassed to have a friend or family member take the before photos, but please realize this is the beginning of greater things to come! Soon you'll be able to look back at them and feel proud about your extraordinary accomplishment!

LOOK BETTER NAKED!

Ultimate Body Boot Camp, LLC

(602) 326-4397

www.UltimateBodyBootCamp.com