

This contest is judged fairly off of real results. To make judging fair, make sure to follow these guidelines. I will post examples of acceptable and not acceptable submissions in the Facebook group!

- Contest is based on transformation photos Pics must line up on shoulders, head placement, hip level, feet width
- Pics must be in the same lighting.
- Pics must be flexed in both photos. If the pic looks like you are relaxing and faking a less-fit physique your pic will not be considered.
- Pic must not be altered by a pump (no post workout gym pics)
- Pics must be in the same clothing.
- Picture submission must be stitched together before and after. No separate photos. We will not stitch them together for you.
- Pics must be turned in by September 15th 11:59pm
- To ensure all pics are taken on August 15, a special requirement will be sent out to all competitors on August 15th to include in their picture. Example “hold a piece of paper that say a special phrase on it” that way there are no cheaters!

Let's have fun, and get in great shape!