

30-DAY HIIT REMIX CHALLENGE

INSTRUCTIONS

PREPARATION

To be eligible for the challenge's exclusive features and grand prizes, you must be BOTH an active subscriber throughout the challenge's duration and have purchased the 30-Day HIIT Remix Product before January first.

So, if you are a new customer, be sure to add both the MV Fit App Subscription and the 30-Day HIIT Remix Challenge to your cart and check out successfully.

If you are already a current subscriber, be sure to purchase the 30-Day HIIT Remix before the start of the new year if you want to participate in this challenge. As an app subscriber, the challenge's content will be accessible to you without the additional purchase, but you must buy the challenge product on the website if you want to be eligible for the additional features and a chance to win the prizes.

THE CHALLENGE

This challenge will measure your performance level and accentuate your growth after a month's worth of HIIT workouts. So how does this challenge work? We'll start off the year with a 300-Rep Workout and end the month with the same workout to see how much you have improved after working through the 30-day challenge. The winner will be determined by several factors that includes their completion time, form and technique, effort, and overall transformation.

To judge the winner and to track your progress, we'll be requiring photo and video submissions from you – there will be three periods in which you must submit the requirements for you to meet eligibility. We'll send reminder emails and post reminders in the FB Group Page as the submission days approach.

TIME FRAMES

JAN 1-3

Entry Submission. You must perform the 300-Rep Workout on the first day of the challenge and submit it to us before 11:59AM PT on January 3rd. Additionally, you must submit 2 photos of yourself – one front profile and one side profile so we can compare them with the end results.

JAN 15-18

Mid-Challenge Checkpoint. This time, we only want to see progress and no video is required. We just need a photo update of both your front and side profiles. Submit the photos before 11:59AM PT on January 18th.

JAN 30 - FEB 1

This is the end of the challenge and your chance to show your transformation and improvement. Please submit a photo update of your front and side profile, along with another video of you re-performing the 300-Rep Workout. The submission deadline is 11:59PM PT on February 1st.

SUBMISSION PROCESS

Please turn in these submissions to MichaelVazquez.WeTransfer.com:

- Simply drag the submission files to the top of the white box
- Add your email (email you're using for your subscription) and verify it
- Include your full name and any notes in the "Message" box.
- Please do not set up any passwords.
- Click Transfer

Please follow these conventions for naming and submitting your files:

- Each photo you send should be a .JPG or a .PNG File.
- Name the front profile picture file as FirstName_LastName_Front
- Name the side profile picture file as FirstName_LastName_Side

- The videos should be a .MP4 or .MOV file
- Name the video submission as FirstName_LastName_Video

*Replace any instances of "FirstName" and "LasName" with your respective first and last name.