

So, you want to be a thousandaire? More importantly, you want to Get Fit and that amps us up more than burpees on leg day. Below are the rules and regulations for making sure you're in-it to win-it during the All Access Challenge Series.

- 2 Grand Prize Winners
  - 1 Fit Female \$50k
  - 1 Fit Male \$50k
- Weekly and Mini-Challenge Winners
  - Follow Bodybuilding.com on Instagram to be notified of the Weekly and Mini-Challenges
    - Weekly Challenges will take place on Instagram and Mini- Challenges will be on Instagram Stories
  - Each week begins on Monday and ends on Sunday
  - Mini-Challenges will take place for 24 hours and be randomly announced twice per week
  - Hundreds of winners per week will win various prizes determined by Bodybuilding.com
- Registration
  - Register <u>here</u> and sign up for a <u>BodySpace</u> account if you don't already have one
  - Registration is ongoing; If you do not register or submit your photo by January 27, 2019 you do not qualify for the Grand Prize
    - You can still win the weekly prizes
- Before Photo
  - Submit a before photo between December 31, 2018 and January 27, 2019 to be eligible for the Grand Prize

- Get Fit!
  - Between January 14, 2019 and April 7, 2019
- Final Photo
  - Upload your final photo between **April 1 and April 15, 2019** on BodySpace to complete your submission
- How a Winner Will Be Chosen
  - Bodybuilding.com will choose a winner based on each individual's change from their before to after photos
  - Not a weight loss challenge; based on the individual with the biggest transformation
  - Winner will be announced on April 22, 2019