

Look Better Naked Yun Fitness Transformation Contest Contract



Congratulations on your acceptance into the Yun Fitness Transformation Contest! In order to maximize results and ensure commitment it is essential that both parties are made clear of their responsibilities. Thus, it is necessary for both Yun Fitness and _____(applicant name) to agree to following terms and conditions:

THERE ARE NO EXCEPTIONS TO ANY OF THE REQUIREMENTS BELOW:

Section I- Training Requirement:

- You **MUST** be willing and able to provide documentation that you **met with a medical advisor for a MANDATORY initial health evaluation and were cleared for participation in vigorous physical activity if requested of you.** You are responsible for this.
- For **BEST** results you must understand that we recommend the following training schedule and adherence to the training program as outlined below.

TRAINING SCHEDULE

- Be able and willing to attend every scheduled boot camp workout
- You must attend three (3) workouts per week

ADDRESS INFO: Hilliard- 4601 Leap Ct, 43026 Morning Times- MWF 515, 6, 7, 915, 11. Evening Times MTR 530, 630

Downtown- 379 W Broad St, 43215- MWR- 6 am, 6 pm, 7pm

Reynoldsburg- 6475 E Main St Suite 102- MTR- 515 am, 6 am, 530 pm, 630 pm

- It is also highly recommended that you follow the at home training protocol, videos and workouts as well as become as active as possible on your off days. Access will be given once you complete registration.
- You will follow the corrective exercise and soft tissue requirements for the program to ensure that you are healthy and remain injury free during this contest.

Section II- Nutrition Requirement:

- You will follow all of the recommended nutritional practices for the transformation contest including charting your adherence and compliance.
- You are willing and able to follow **the nutrition system and done for you meal plans**. This will require meal planning and preparation in order to be successful.
- For best results and simplicity you may use the Personal Trainer Food Meal Plan to create your nutrition plan with ease and set yourself up for success.

Section III- Supplementation Requirement:

- You are willing to consider the recommended supplements from PROGRADE. **The recommended supplements only consist of a daily multi-vitamin for your gender and a daily Essential Fatty Acid (EFA) supplement.** The cost will only be about \$65/month. <http://jasonyun.getprograde.com/Combo-Packs.html>
- Additional recommendations include Prograde Protein, Prograde Fusion, Prograde Workouts, Prograde Genesis, and Prograde Metabolism. <http://jasonyun.getprograde.com>

Section IV- Progress Tracking Requirement:

- **Body Composition Testing:** You MUST be willing and able to perform the following tracking procedures:
 - a.) Before and After Picture
 - b.) Real World Test: Pant and/or Dress Size Assessment
 - c.) Scale Weight in lbs
 - d.) Belly Button Circumference Measurement
- **Digital Progress Tracking:** You MUST be willing and able to take digital progress tracking pictures start and finish (in proper workout clothes and/or bathing suit clearly showing the entire body). You further acknowledge that **YSFS** reserves the right to use these photos as testimonials for our services to be used for lead generation through various mediums (website, TV, video, etc.). ***By signing this contract, you have thus provided YSFS with a media release waiver.***
- **Video Documentation:** You MUST be willing to be filmed for a potential **YSFS Transformation Contest Documentary**. This documentary may be filmed and produced by an approved video professional and you further acknowledge that **YSFS** reserves the right to use this film for lead generation and possibly be sold as a documentary film. ***By signing this contract, you have thus provided YSFS with a media release waiver.***

Section V- Positive Mental Attitude Requirement:

You must bring a positive mental attitude to this program. **YSFS** is providing you with a services that costs up to \$378 for just \$39-189! This is a once-in-a-lifetime, opportunity that will change your life forever. If you follow our proven program, we can guarantee you **RESULTS**. This very well may be the most challenging experience of your life but that is why it **WILL** be the most rewarding. We absolutely love what we do and we will not be outworked in providing you the most rapid and lasting fat loss around. We are going to be doing whatever it takes to help you realize your physical dreams and we expect this same dedication and commitment from you as well.

All we care about is helping people who actually want our help and are willing to follow our program to get results! It is a huge privilege to be accepted for this opportunity and **YSFS** expects you to fulfill the exact requirements clearly detailed above so we can achieve your goals together. Though this may seem daunting at first, we will be there with you every step of the way to support and motivate you to get the job done just as we are with all of our clients.

By signing the contract below, you acknowledge all of the requirements laid out by **Yun Strength and Fitness Systems, LLC** to be considered AND to remain eligible for this contest.

We can promise you this: for you lucky viewers who sign below, this will be the most important signature of your life. Don't regret missing this opportunity to transform your health and fitness and more importantly... TO LOOK BETTER NAKED!!!

Name of Willing Participant(s): _____

Signature(s): _____ **Date:** _____

Name of Yun Strength and Fitness Systems, LLC Representative(s): _____

Position(s): _____

Signature(s): _____ **Date:** _____