

Get Big or Get Lean to end Summer '19 Challenge Terms & Conditions

How to Participate

Participants must register for the challenge by purchasing a challenge package. Options include Challenge without Coaching and Challenge with Coaching, bundled with either the Shred or Bulk eBook.

The Challenge runs from July 8, 2019 through September 2, 2019. During this time period all participants must work through the training programs outlined either on the Shred or Bulk eBook.

Participants who purchased a coaching package will receive a program that includes workouts splits with cardio specifics, a macronutrient based meal plan, and a food exchange list so that they can learn to swap out foods as they wish. Participants are asked to download the MyFitnessPal app to track all food. The app is free and will help participants stay on track with healthy eating.

Progress Photo Requirements

All participants must take a before photo on the Sunday before the challenge begins (July 7, 2019). Each participant must submit check in photos and current weight every other Sunday morning before eating or drinking anything. Emails must have the subjectline "**Challenge Check In 1**", "**Challenge Check In 2**" etc. and send it to teambuendia@jeremybuendiafitness.com.

For all photos, take a sheet of plain white paper and with a sharpie and write out the following:

Get Big or Get Lean to end Summer '19 Challenge Day X <Date >

Tape the paper behind you on the wall in the same place every two weeks so that it is visible. Please do not send the photos prior to the weekend check ins.

Try to pose in the same outfit when taking your photos every two weeks. Your posing should be as follows:

1. Front body and head view
2. Back Body View
3. Side ProfileView

You can rest your hands at your side for front and back poses and you can hold your

hands straight out in front of you for your side poses. It's important for your entire body to be visible, down to your calves. Take your photos at the same time of day and in the same place each time.

Bi-weekly submission of progress photos is mandatory

How to Win

Jeremy Buendia will choose the top 3 best visual transformations and post all three on social media. Fans will then cast their votes for the best shred transformation. Participant with the most votes will win.

Prizes

The winner of the 2019 Summer Shred Challenge will receive:
A choice of a cash prize or an all inclusive 2019 Olympia Experience.*

2019 Olympia Experience will include:

- Round Trip Flight to 2019 Olympia
- Accommodation in Las Vegas Mansion with Team Buendia
- VIP Olympia Tickets
- Spending Cash
- VIP Nightclub Experience
- VIP Pool Party
- Video & photo shoots with Team Buendia
- Social Media Shoutouts
- Hanging out with Jeremy and Team Buendia all weekend!
- Meeting some of your favorite fitness professionals

* 2019 Olympia experience will take place at the time of the Olympia Competition.

* 2019 Summer Shred Challenge winner will be joined by winners of other Jeremy Buendia challenges.

Additional Rules and Regulations:

- Use of the Shred/Bulk with Buendia eBook is mandatory. Anyone who does not use this program will be disqualified.
- Use of supplements is permitted, but participants may not promote any products in relation to this challenge. Participants may not share progress photos and attribute results to any supplements/products other than the Shred/Bulk with Buendia eBook & Buendia Coaches. Any posts of this nature are grounds for disqualification.
- Use of steroids is strictly prohibited.
- All transformations must be made within the Challenge time period (July 8, 2019 – September 2, 2019). Transformation photos from outside this time period will not be accepted. Submission of photos from outside this time period will result in immediate disqualification.
- No refunds for challenge purchases will be granted.