



Holiday Hustle Challenge: Official Rules & Details

Challenge Overview:

The Holiday Hustle Challenge is an 8-week, results-based competition designed to help you stay accountable, consistent, and motivated through the holiday season while giving you a chance to win cash for your hard work.

Dates:

Challenge runs from October 20 through December 12. All final weigh-ins must be submitted by December 12 at 11:59 PM — no exceptions.

Buy-In & Prize:

Entry fee is \$50. Fifty percent (50%) of the total pot goes directly to the winner. Remaining funds will help support future prizes, monthly challenges, and gym equipment needs.

How to Win:

Winners will be determined by percentage of body weight lost. (Formula: $\text{starting weight} - \text{final weight} \div \text{starting weight} \times 100$.) In the event of a tie, the first verified finisher will be declared the winner.

Weigh-In Process:

Participants must complete two weigh-ins — one before the challenge begins (October 18 – 20) and one final weigh-in by December 12.

Each weigh-in must include a photo of the participant standing on a scale with a visible readout and a handwritten note showing the date.

Eligibility:

Participants under 18 are welcome with parent or guardian consent. All participants must submit both weigh-ins by the listed deadlines. Entry fees are non-refundable after the challenge begins.

Accountability & Integrity:

This challenge operates on the honor system. Redemption Barbell reserves the right to

request proof or verification if results appear inconsistent.

Final Submissions:

All final weigh-ins must be submitted by December 12 at 11:59 PM. Late submissions will not be accepted.

Contact:

Questions? Email cyndi@redemptionbarbell.com.

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