

INTRODUCING THE

# SPRINT 8<sup>®</sup> CHALLENGE

Jan. 2 - Feb. 26, 2012

Powered by



## What is SPRINT 8<sup>®</sup>?

The SPRINT 8 program will help you drop body fat, improve energy and tone muscle by increasing the natural release of human growth hormone. SPRINT 8 is so time-efficient that it only takes 20 minutes, at least three times a week to get amazing results unlike any other cardio program you may have tried in the past.

## What is the SPRINT 8 Challenge?

The SPRINT 8 Challenge is an eight-week commitment to significantly improve your fitness.

## How can I participate?

Anyone with a Facebook account and access to a Vision Fitness treadmill, elliptical or exercise bike featuring the SPRINT 8 program can participate.

1. Take a current photo of yourself.
2. Complete a SPRINT 8 workout at least 3 times per week between January 2, 2012 and February 26, 2012 (8 weeks).
3. After the 8-week challenge, take an "After" photo of yourself.
4. Submit your photos and success story via the SPRINT 8 Challenge app on the Vision Fitness - NA Facebook Page.

## How can I win?

**Get votes!** The top three finalists will be chosen by community votes. Make sure your success story is compelling. Consider including the actions you took throughout the challenge and the results you achieved i.e. number of pounds lost, loss of body fat percentage, or decrease in bad cholesterol. Then, tell family and friends to vote for your entry on the Vision Fitness - NA Facebook page. Once the three finalists are chosen, a panel of reviewers will choose the Grand Prize winner and First and Second Runners-up based on the criteria outlined in the Official Contest Rules.

## PRIZES INCLUDE

**Grand Prize: \$1000 Visa cash card or a Vision Fitness product valued at \$2499**

First Runner-up: \$250 Visa cash card

Second Runner-up: \$100 Visa cash card



Check in frequently on our Facebook page. Weekly winners will be chosen to win Vision Fitness and SPRINT 8 prize packs.



Like Vision Fitness - NA on Facebook now and read more about the SPRINT 8 Challenge. You can also find medical research references and more information about SPRINT 8 at [www.visionfitness.com](http://www.visionfitness.com).

For official rules, go to <http://home.visionfitness.com/wellness-tools/sprint8-challenge-2012-rules/>