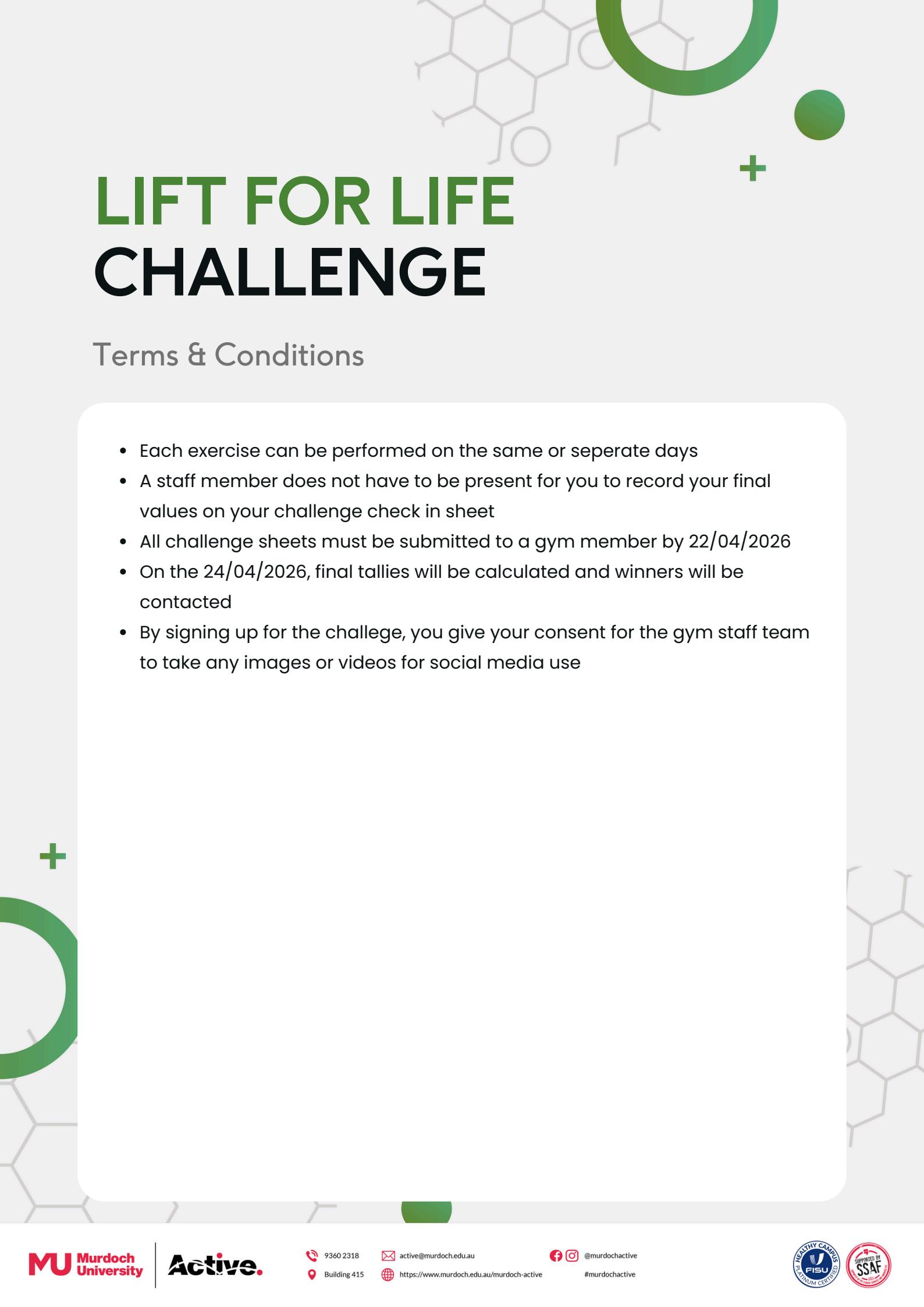# LIFT FOR LIFE
CHALLENGE

Terms & Conditions

- All participants must register for the challenge via the link on our website
- The challenge lasts for 6 weeks between the 2nd March to the 12th April 2026
- Participants can choose which of the exercises they would like to participant in during the sign-up process.
- Participants can approach a gym staff member to agree their target weight during a Lift for Life Class or by attending one of our Lift for Life training classes anytime between when they sign up until the end of the challenge.
- Participants will receive points (with a maximum of 100) as follows:
  - 25 points for setting a target
  - 10 points for attending a lift for life class or training class
  - 20 points for coming to the gym (12 scan-ins to the gym over the 6 week duration)
  - 20 points for finishing the challenge and recording a weight
  - 25 points for meeting their expected target target weight
- The participants who are deemed to be the most improved across all the challenges will win their name on the honour board, one month free membership and the Lift for Life trophy (one male, one female).
- All participants will receive a digital certificate of their progress during the challenge if they finish the challenge.
- Participants will be required to complete at least 3 reps of that weight in order to record that weight as part of the challenge
- If a participant records more than 3 failed attempts in one session, participants must rest and try again another day for safety reasons.

LIFT FOR LIFE
CHALLENGE

Terms & Conditions

- Each exercise can be performed on the same or seperate days
- A staff member does not have to be present for you to record your final values on your challenge check in sheet
- All challenge sheets must be submitted to a gym member by 22/04/2026
- On the 24/04/2026, final tallies will be calculated and winners will be contacted
- By signing up for the challege, you give your consent for the gym staff team to take any images or videos for social media use