

MPOWER LIFT CHALLENGE

Terms & Conditions

- All participants must register for the challenge via the link on our website - <https://forms.office.com/r/bRBjEsbELv>
- The challenge lasts for 4 weeks between the 21st of July and the 17th of August 2025
- Participants can choose which exercises they would like to participate in during the sign-up process.
- Participants can approach a gym staff member to record their best time or weight at any point during the 4 week challenge.
- The participant who performs the most consistently across all 6 challenges will win their name on the Honour Board, one-month free gym access, and the powerlifting trophy. (1 male winner, 1 female winner)
- The winner who records the best time or weight (% to bodyweight) of each individual challenge will win a free sports goody bag. (6 male, 6 female)
- If more than 3 (failed) attempts occur within one session, participants must rest and may try again on another day (for safety reasons).
- Each exercise can be performed on separate days.
- Participants must have a spotter.
- A staff member may be present to observe the technique and record values (on the challenge spreadsheet).
- All record sheets and personal best records must be submitted to a staff member by 20/08/2025.
- On 21/08/2025, totals will be calculated and winners will be contacted.
- By participating in the challenge, you give your consent for the gym staff team to take any images or videos for social media usage.