

RUNNING CHALLENGE MANUAL

CONGRATULATIONS ON TAKING PART IN OUR RUNNING CHALLENGE! IN ORDER TO BE ELIGIBLE TO WIN SIMPLY FOLLOW THE BELOW 'HOW TO' STEPS.

1. Select the **MANUAL** mode button on the treadmill
2. Enter your weight
3. Enter in the time as 1 MINUTE
4. Enter incline of your choice
5. Enter speed of your choice
6. Once your minute is reached you will see 'COOLDOWN' appear on the screen. Hit the red **STOP** button as soon as you see this.
7. Your total time cannot exceed 1 min 5 secs so the button must be hit within 5 seconds.
8. You must take a photo of your **WORKOUT SUMMARY** clearly displaying your total distance and time covered which will be displayed after hitting **STOP**.
9. Show your results to reception to record them down for your chance to WIN.



GOOD LUCK!

WIN A LIFETIME MEMBERSHIP
+ A SUPPLEMENT STACK
WORTH **\$8000!**

*Terms & Conditions apply. Must be a Crunch Fitness member to enter. Winner will receive a 7 year Crunch Summit Membership and supplement stack valued at over \$8000. Membership is non-transferable and cannot be redeemed for cash. For paid-in full memberships, 7 years will be credited at the end of your current membership expiry date. For direct debit memberships, 7 years will be applied immediately. Supplement stack is subject to product availability and Crunch shall not be liable for the loss of any prize during distribution to the winner. Prize is non-transferable. Member must take a photo of their results on the screen of the treadmill and display them at reception to be recorded. There is no limit on the number of challenge attempts. Challenge must be performed during the specified days and times unless authorised by Crunch staff and challenge guidelines must be adhered to. Competition will be based on maximum distance ran within 1 minute. In the event of a draw, there will be a final challenge. 1 male and 1 female winner. If you have any existing medical conditions, please consult your health care professional before participating. Treadmill must be spray and wiped down after every use. Competition ends Wednesday, 30th September 2020. Crunch Fitness reserves the right to terminate the promotion without winners in the event of shutdown or any situation beyond their control.