Rules

1. **Eligibility:**
Open to all fitness levels, age 18 and over. Participants must record their workout for verification.
2. **Workout Recording:**
* The entire workout must be completed within 10 minutes.
* The video must clearly show the exercise, your form, and the timer.
* No editing or altering of videos is permitted.
1. **Submission:**
* Submit your videos and reps count by the weekly deadline.
* Late submissions may not be accepted unless prior arrangements are made.
1. **Reps Counting:**
* Count each completed repetition accurately.
* Only reps performed during the recorded session are valid.
1. **Cheating & Fair Play:**
* Participants must perform the exercises honestly.
* Any evidence of cheating will result in disqualification.
1. **Scoring:**
* Reps are added to your cumulative total weekly.
* The highest total at the end of the year wins the Grand Champion.
1. **Multiple Entries:**
* Participants may submit multiple videos per week but only the highest reps count.
1. **Disputes:**
* Disputes regarding reps or video authenticity will be reviewed by the organizers.
* Their decision is final.
1. **Health & Safety:**
* Participants should warm up properly and exercise within their limits.
* Always prioritize safety over reps.