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.