

LADIES 12 WEEK TRANSFORMATION CONTEST

RULES, GUIDELINES & CONTEST INFORMATION

MARCH 1, 2026 - MAY 24, 2026

RULES:

To participate, you must be a female, at least 40 years old, submit your entrance fee, registration form & submit before & after pictures as described below.

PARTICIPATION:

After you submit your entrance fee & registration form, you will have successfully held your spot for the start of the contest. Your trainer, Xony will start creating a plan that is targeted to reach your maximum & best results - based on your specific information. A few days prior to march 1st you will receive your 12 week's worth of meal plans, (6 total plans to follow 2 weeks at a time) 12 week's worth of workouts (3 separate workout plans to follow for 4 weeks at a time) & supplement recommendation directly from Xony. Clients who wish to do 1 on 1 training with Xony in person for optimum results, may do so at additional fees. Email tony@NLXfitness.com for more information.

BEFORE PICTURES:

Your before pictures must be submitted to tony@NLXfitness.com by end of the day, February 28th. Wear something you are comfortable in for your picture (preferably shorts & sports bra). Subject line should read "(your name) before pictures". You must be holding a newspaper from either February 27th or February 28th to ensure that the contest is fair for everyone, as everyone has the same start date. Then take another picture of your full body front, full body back & full body side view without newspaper.

AFTER PICTURES:

Your after pictures must be submitted to tony@NLXfitness.com by end of day, May 24th. Wear something you are comfortable in for your picture (preferably the same outfit as your before pic). Your picture must be taken at the same location with the same lighting. Failure to do so will result in disqualification – to eliminate all variables that are used to manipulate pictures. Subject line should read "(your name) after pictures". Include your full body front, full body back & full body side pictures. In your email, please let us know how much weight &/or inches you lost, along with anything you would like to add such as "my energy & confidence surged at week 8, and now I feel amazing!" We like to know – because we care. ❤️

EXPERT SUPPORT:

At any time during your contest, if you have any questions please reach out to Xony, your body transformation specialist at tony@NLXfitness.com.

VOTING:

Contest photos will be uploaded to the NLX website, however, voting will be held NLX Fitness by members of NLX only to ensure a fair & equal chance for all contestants.

VOTING CRITERIA:

The judging will be based on who has the best overall transformation. Not the most muscle, not the most ripped – just who made the biggest change in 12 weeks. No one has an unfair advantage in this.

WINNERS:

The first, second and third place winners will be contacted the next day following close of the poll. Winners will be asked to have their picture taken at NLX Fitness with their prize money & coach (Xony) – if at all possible. Winners will also be showcased on NLX website & potentially used as marketing for NLX future use.

AFTER THE CONTEST:

Should you wish to continue with your transformation or someone you know is interested in how they can start their own, contact Xony. Options are available for training & nutrition coaching.

THE FINE PRINT:

PICTURES: By signing up for this contest, you acknowledge that your before, after and potentially winner pictures will be uploaded to the NLX site & give your permission to do so. You also verify that at any time after the close of the contest, NLX is permitted to use these pictures for marketing purposes on any & all platforms (website, facebook, instagram, ect).

ENTRANCE FEE: As a contestant, you understand that once purchased, a refund will not be possible. Once a slot is taken, it cannot be filled again. This is our guarantee of your held slot & eliminates an opportunity for someone else to enter. This is why refunds will not be given – even if the contest has not started yet. Should you have to stop the contest for any reason, refunds will not be given under any circumstances.

REGISTRATION FORM: During checkout you will be required to fill out a registration form, in which you will need to fill out personal information, such as age, weight, etc. This is for contest purposes only & will not be given to any third parties. Your first name may be used for marketing purposes only. It is crucial that this information is accurate, as it is what your body transformation specialist will use to create your specific plan, for the best results possible.