

Welcome to the Challenge!



OFFICIAL COMPETITOR'S GUIDE

911 Ultimate Transformation Challenge

Brought to you by



Dear Friend,

I'd like to start off by saying "Congratulations" for allowing our expert team the opportunity to help you build your absolute best body in as little as 12 weeks while competing for a generous cash prize and to become this year's 911 Ultimate Transformation Challenge Champion!

**THE DAY YOU FINISH OUR 12-WEEK 911 ULTIMATE TRANSFORMATION CHALLENGE
WILL BE ONE OF THE BEST DAYS OF YOUR LIFE!**

Our goal is to assist fire fighters, law enforcement officers, troopers, sheriff's departments, paramedics, and other civil servants like you to achieve the best physical shape of your lives. We understand the daily stresses of your job and how important it is for you to be able to perform at your peak capabilities. We know that after completing this Challenge, you will have a new clarity about life, a greater appreciation of your job, and feel a sense of confidence like you've never felt before. Plus, you will have a new body you and others can be proud of. You will know you can accomplish virtually anything you want—at work and in your personal life!

Please take a few minutes of your valuable time to read and review the Official 911 Ultimate Transformation Competitors packet, so you can completely understand what you need to do to become one of the Champions.

It does not matter if you are male or female, younger or older. Whether you're thin and want to gain a lean, muscular physique or overweight and want to strip off unhealthy bodyfat—no matter what your current condition or who you are—this is your chance to finally build the body you deserve. The winning male and female overall champion will NOT be determined by who has the all-around greatest physique but rather by who is judged to have made the most overall improvements in his or her physique over the 12-week period as well as who can best articulate how it has affected your ability to better do your job and face the tremendous challenges you overcome every day.

The 911 Ultimate Transformation Challenge Team and iSatori are devoted to improving the health and safety of the people who risk their lives to serve our community unconditionally. We wish you the best of luck in this endeavor. We commend you for taking action to improve your health and safety. We will be here with you every step of the way. If you need any help with your nutrition, training, or supplements, we are here for you. We can be reached by phone at 1-866-688-7679 between the hours of 8:00 a.m. and 5:00 p.m. MST, Monday through Friday. You may also email us anytime at info@isatoritech.com.

With Respect and Admiration,

Stephen Adèle
President & Owner, iSatori Technologies, LLC
Editor-in-Chief, Real SOLUTIONS

Quick-Start Guide



How you can get started today:

- 1** Fill out the **911 Ultimate Transformation Challenge Registration Form** to give to a representative of iSatori with your \$35.00 entrance fee. Or, simply send it by mail to Real SOLUTIONS/iSatori, ATTN: 911UTC, P.O. Box 17172, Golden, CO 80402.
- 2** **Show up at the designated weigh-in for your department** to have your “before” picture (face forward, full body) and your “starting” body measurement taken. For locations, please visit www.911UTC.com, ask your designated supervisor, or call 1-866-688-7679.
- 3** Choose an exercise and nutrition Program to follow for 12 weeks (84 days) based on your desired results: We recommend the **Lean System Success Plan** to lose bodyfat and tone up or **MAXIMUM GROWTH** to gain muscle size and strength.
- 4** Start using any one of the proven iSatori supplements (like **Lean System 7[®]**, **MX-LS7[™]**, **Curvelle[™]**, **Eat-Smart[®]**, **Energize[™]**, **MORPH[™]**, **ISA-TEST[™]**, **H-Blocker[™]**, **3-XL[™]**, **Liquid Morph+[™]**, or **Hardcore Energize Bullets[™]**.)

That's it! Now it's time to build your best body!

Categories and Prizes

— OVERALL CHAMPIONS — ONE MALE & ONE FEMALE

★ CASH

The overall male and female winners split the entire cash prize, in addition to a “fat buy-back” for their department’s charity of choice.



★ \$100 SUPPLY OF ISATORI SUPPLEMENTS

iSatori will provide **\$100 worth of nutritional products** to the male and female winner from each department. These winners will then be placed in the finals for the overall champion.

(The individual male and female winners may become exclusive endorsers for iSatori, *Real SOLUTIONS*, and any related products and services and will be offered the honor of entering into a one-year exclusive endorsement agreement with iSatori Technologies.)

★ FEATURE IN REAL SOLUTIONS ONLINE NEWSLETTER

Important Dates to Remember

- You must enter between **January 11, 2010**, and **January 15, 2010**, by sending in your Registration Form and payment either by mail or in person at your department’s weigh-in. For locations, please visit www.911UTC.com, ask your designated supervisor, or call 1-866-688-7679.
- The **last** day you can start the Challenge is **January 15, 2010**.
- The **Final** day of the Challenge is **April 9, 2010**. Again, for your “after” photo and final bodyfat measurement locations, please visit www.911UTC.com, ask your designated supervisor, or call 1-866-688-7679.
- Your **completed packets with photos** must be returned to the designated supervisor in your department or mailed to iSatori by **April 13, 2010**.
- Finalists will be notified on or before April 23, 2010** as to the dates for the finalist professional photoshoot and deadline for the Questions of Strength essay.
- Winners will be notified on or before May 7, 2010**.

Official Contestant Entry Form

1. Personal Information

(Remember, we will not sell, rent, or distribute your information. Your privacy is extremely important to us.)

Department / Agency you're employed with: _____

Gender: Male Female

First Name: _____ Last Name: _____

Email (required): _____

Yes, I want to receive important announcements and offers for participants of the 911 Ultimate Transformation Challenge.

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Age: _____

REGULATIONS & REQUIREMENTS

iSatori Technologies, *Real SOLUTIONS*, and the 911 Ultimate Transformation Challenge reserve the right to interpret the rules, and if necessary, amend the rules at their sole discretion and without notice to individual contestants. Any amendments to the rules or changes in prizes will be published in writing or through electronic media at www.911UTC.com or www.RealSOLUTIONSmag.com. Rule interpretations and all judging decisions are final. All information and materials submitted along with your final contestant packet become the sole and exclusive property of iSatori Technologies, LLC, and *Real SOLUTIONS* magazine. Judges scores for each contestant are deemed final and will not be disclosed. Contestants willfully understand that before starting any fitness program, diet, or supplementation program, they should visit their primary physician to ensure they are in good health. (If you are not experienced with weight training, it is advised that you consult with a qualified/certified strength trainer.) Therefore, each contestant assumes all risk of injury, harm, or loss of any kind arising from the participation in the 911 Ultimate Transformation Challenge by iSatori. Contestants then expressly release iSatori Technologies, *Real SOLUTIONS*, and all its affiliated companies, employees, and contractors from all risk, loss, injury, damage, or harm that may arise from participating in this contest. You also acknowledge that you are at least 18 years of age and reside within Colorado. **Submission of your completed Contestant Packet in the 911 Ultimate Transformation Challenge constitutes your express consent and permission for iSatori Technologies, *Real SOLUTIONS*, and Right Lane Publishing, or any of their affiliated companies, to use your name, photographs, answers to Questions (in whole or part), body-part measurements, and/or testimonials for promotional and advertising purposes to promote iSatori and *Real SOLUTIONS* and its affiliated companies worldwide, in any media, including electronic, web, and in any manner whatsoever, without limitation or restriction. Submission of your completed packet, whether in person or by mail, shall be deemed your acceptance of these Rules & Regulations (as may be amended) and your voluntary transfer to iSatori Technologies and *Real SOLUTIONS* all rights, title, and interest, including copyright, of your photographs, questionnaire, and body-part measurements.**

If you are chosen as a finalist, you will be asked some simple questions to best describe how you felt before, during, and after the contest. Answer them as concisely as you can. Be honest with your answers. You might want to write out your answers and read them aloud or to someone else before submitting them as your final answers. Remember, the winners of the 911 Ultimate Transformation Challenge may become Spokespersons and will need to be able to represent the product and company's services. So, you do need to be able to express yourself well. **These questions and your body-part measurements will count for 30% of your score. Questions? Call 1-866-688-7679.**

3. Before and After Photographs

Post your pictures in the appropriate places on this page.



Before Photos



After Photos



• Please indicate which iSatori supplements you used during your Challenge: _____

• Where did you purchase your iSatori supplements? (Please name the store, website, or retail outlet.) _____

• Would you recommend iSatori supplements to others?
[] Yes [] No If you would, which supplements would you recommend, and what would you say? _____

• Do you currently subscribe to our online fitness and physique development newsletter *Real SOLUTIONS*?
[] Yes [] No
If not, would you like to sign up? (You can cancel at any time)
[] Yes [] No
If yes, please provide your email address: _____

Congratulations!! Thank you for sharing your success with us and entering for your chance to win cash, supplements, bragging rights, and even fame in the 911 Ultimate Transformation Challenge brought to you by iSatori!

**That's it! Please mail or return your Official Contestant Entry Form to the address below.
Good luck and maybe we'll be handing you the Cash Prize this May.**

iSatori
Attn: 911 Ultimate Transformation Challenge
15000 W. 6th Ave., Ste 202
Golden, CO 80401

**IF YOU HAVE ANY QUESTIONS, WHATSOEVER, PLEASE FEEL FREE TO
CALL ISATORI at 1-866-688-7679 (Mon. – Fri., 8:00 am – 5:00 pm MST)
AND WE'LL BE GLAD TO HELP YOU OUT!**