

ELITE FITNESS FANATICS

Welcome to EFF

We as a fitness league organise various challenges that anyone can participate in.

EFF is an opportunity for you to challenge yourself both physically and mentally.



It's Simple- Start by selecting the challenge you'd like to participate in. You can choose more than one challenge or all of them if you want to compete for 50,000 INR.

Fill out the registration form and our team will reach out to you for your welcome kit (t-shirt size, refreshment selection etc.)

Confirm your registration by paying the registration fee and wait for your welcome kit.

More details on next page



CHALLENGES



#1. PUSHUP PERFECTIONIST

A challenge designed purely for push-ups lovers. Incline, decline, close grip, wide grip, hold or max reps in different angles.

The challenges need physical strength and a smart strategy to outperform others and claim the title to become the **Push-up Perfectionist**.

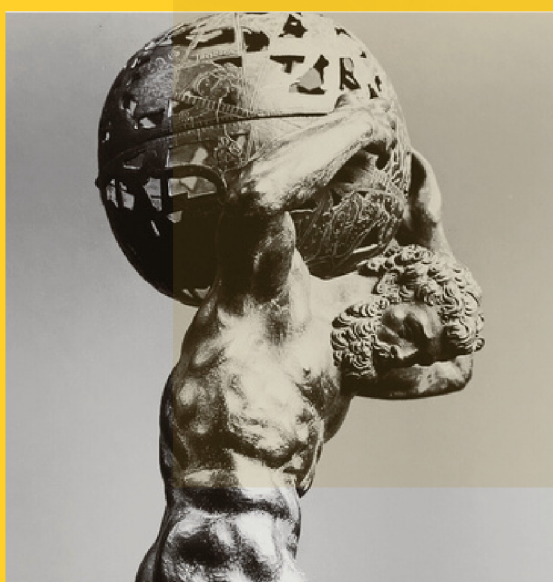


#2. THE CIRCUIT MASTER

A circuit full of physical challenges that'll test your limits. Each circuit stop has different tasks to test your strength and endurance like pushups, squats, crunches, lifting weights, sprints etc.

Each stop has a time limit. Perform maximum reps in your group to qualify further.

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#3. THE BAAHUBALI

The Ultimate challenge of Strength.. Pure Strength in every part of the challenge.

Different tasks test how good you are with added weights on your body weight. The tasks are as simple as lifting, carrying, exercising with weights but with a twist.



#4. THE ULTIMATE FANATIC

Participate in all 3 challenges and win all of them to be the best of the best. Not only you can win up to 50,000 INR but can get sponsored for our Nationals next year.

Note: Detailed description of challenges available in a separate PDF

More details on next page



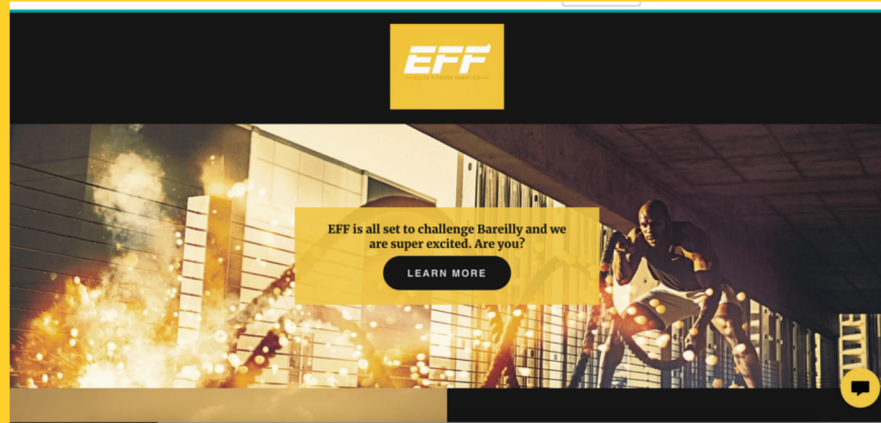
BENEFITS & OPPORTUNITIES

**WIN
50,000
INR**

**Win Up-to 50,000
INR just by
participating in
simple challenges.**



**Get sponsored for
your trip to EFF
Nationals next year**



**Get Featured on our website and Instagram
handle.**



**Welcome-Kit
(includes a sports
t-shirt with all
registrations)**



**REFRESHMENTS
included in welcome kit. Comes with
refreshment drinks, healthy snacks,
veg/non veg food coupons.**

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- The welcome kits are included with all registrations and include a refreshment kit, a sports t-shirt, and a surprise gift to help you in your training.
 - EFF Nationals will be played next year between top 16 players from each city.
 - Sponsorship is exclusively for winners of challenges and will include tickets, accomodation & meals during the national event.
 - To learn more about 50,000 INR Prize money, refer to the Registration Fee Page.
 - If you need more details on benefits & sponsorship, contact us at globaleffanatics@gmail.com or Whatsapp us on +61431435417.

More details on next page

ENTRY FEE & WINNING PRIZE

- Your entry fee decides your winning prize.
- Your winning prize is 15x of your entry fee. ex: For entry fee of 300 INR, winning prize of 4500 INR (300x15=4500). Refer to the table below for details.

| ENTRY FEE | Multiplier | WINNING PRIZE |
|-----------|------------|---------------|
| 300 INR | 15 | 4500 |
| 500 INR | 15 | 7500 |
| 1000 INR | 15 | 15000 |

- Entry fee is per challenge, so if you want to participate in 3 challenges, the entry fee will start at 900 INR (300x3).
- The top winning prize 50,000 INR applies when a participant participates in all 3 challenges with entry fee of 1000 INR for all challenges. Explained as:

| Entry Fee | Multiplier | Winning prize |
|------------------------------------|------------|-------------------------------------------|
| 3000 (1000 INR for each challenge) | 15 | 45,000 + 5000 (EFF Title) = 50,000 INR |

- Every participant gets a welcome kit with their registration fee that includes a sports t-shirt, refreshment drinks, snacks, veg/non-veg meal coupon.
- Participants entering with 1000 INR get a 2-pack of t-shirts and a gym kit along with other items.
- Final 4 participants in each challenge get their full entry fee refunded.
- You can contact us through email at globalefffanatics@gmail.com or whatsapp us on +61 431 435 417.

