

The Vitality Gym Series terms and conditions

1. The promoters of the competition are Discovery Vitality (Pty) Ltd (“Discovery Vitality”), Planet Fitness South Africa and Virgin Active South Africa (“Vitality gym partners”) (“gym partner”).
2. The Vitality Gym Series competition (“the competition”) will take place at Virgin Active and Planet Fitness health clubs across South Africa, excluding the Virgin Active Collection Clubs. The event will run at each partner separately. Participants will choose the partner they prefer.

3. Competition Period

The competition will take place on 3 and 10 September 2022.

- 3.1. Round 1 of the Vitality Gym Series will take place on 3 September 2022, between 8:00 and 14:00 depending on the time slot chosen by each participant upon entry.
- 3.2. Entries to round 1 will close on Thursday, 1 September 2022 at 11:59.
- 3.3. Participants that make it to the top five of their respective categories, will compete in the Vitality Gym Series final round which will take place on 10 September 2022 from 9:00 until 16:00.

4. Who is eligible?

- 4.1. Any person living in South Africa aged 18 years or older, with a valid South African ID number or passport number, can enter on the Vitality Gym Series online entry page from 10 August 2022 to 2 September 2022 at 23:59 to compete.
- 4.2. Vitality premium and Vitality Active members with an active Vitality gym benefit or gym membership at Virgin Active or Planet Fitness who have chosen to participate in the competition at their respective gyms can compete for free.
- 4.3. Vitality premium, Vitality Active members who do not have an active Vitality gym benefit at Virgin Active or Planet Fitness can pay using Vitality Pay as you Gym to compete or choose to pay the chosen gym’s normal guest fee for the day to compete.
- 4.4. Members of the public who do not have an active gym membership with either gym partner will need to pay the chosen gym’s normal guest fee for the day to compete.

5. How to Enter

- 5.1. To enter, people need to visit the Vitality Gym Series online entry page and fill in their personal details, including their Discovery Vitality membership number, and choose the category they want to participate in. The categories are:
 - 5.1.1. Easy Does It male or female (beginner).
 - 5.1.2. Love To Move male or female (familiar to exercising).
 - 5.1.3. In Shape Over 60 male or female (people 60 and older).

- 5.2. Each person will have 8 minutes to complete as many of their chosen category exercises as they can:

Category	'Easy Does It' and 'In Shape over 60' exercises:	'Love to Move' exercises:
Exercises	<ol style="list-style-type: none"> 1. 20 x knee push ups 2. 20 x Prisoner squats (hips joint in line with knee joint), hands touching ears, full knee extension at the top. 3. 20 x Butterfly sit-ups 4. 20 x Walking plank on knees. 10 reps on each arm, full arm extension, hips shoulder and knee in straight line. 5. 20 x Burpees (no push up) jump back (shoulder, hip, and knee in straight line) 	<ol style="list-style-type: none"> 1. 20x pushups (chest to floor with hand release) 2. 20 x Prisoner jump squats 3. 20 x V-sits (open position hands & heels touch floor, closed position hands touch shins, shoulder blades off floor) 4. 20 x walking plank on elbows and toes, full arm extension at the top 5. 20 x burpees with chest to floor

- 5.3. Only one entry per person will be accepted and no changes may be made to an entry, once the entry number has been issued.

6. What are the Prizes?

Round one

- 6.1. Each participant will be added to the leaderboard with the total number of reps across all exercises next to their name – Winners will be selected based on this total number of reps completed within the allocated period of 8 minutes.
- 6.2. The first five people with the highest total number of reps per category (top 5) will win round one of the Vitality Gym Series and qualify for the final round. This means the total number of finalists will be 30 finalists for Virgin Active and 30 for Planet Fitness – They will each receive a Vitality Gym Series limited edition t-shirt.
- 6.3. Any top 5 category finalist who lives outside of Gauteng and more than 200 km away from Sandton, Johannesburg, will be transported to Sandton through our Vitality Travel benefit.

Round two (Final round)

- 6.4. The finalists will compete in the final round based on their category exercises and the overall male winner and overall female winner per partner will be chosen based on the highest total number reps completed in 8 minutes.
- 6.5. There will be two final winners per gym partner. This means a male and female winner for Virgin Active and a male and female winner for Planet Fitness – they will each win:
 - Vitality Travel package worth R20,000 for Vitality members and R10,000 for nonmembers,
 - Huawei Tech Hamper worth up to R7,000
 - A Totalsports voucher worth R1,000,







- Virgin Active 3-month premier membership and a gym bag hamper all worth over R6000 or a Planet Fitness tog bag, 6-month membership and merchandise hamper all worth over R6000,
 - Team Vitality free membership for a year worth R2,000
7. This competition will not be available to persons under eighteen years old.
 8. This competition is only valid in South Africa.

Additional terms and conditions

9. Any violation or attempt to violate any of the rules will result in immediate disqualification of the transgressor.
10. With regards to any of our promotional material and communications, we the promoters will not be held responsible for any misrepresentation caused by:
 - a. An unintentional copy error.
 - b. A typing error; and/or
 - c. An omission that may occur.
11. The promoters reserve the right to revise, alter or end the competition at their discretion. In such an event, all participants will:
 - a. Waive any rights which they may have against the promoters, their affiliates or associated companies.
 - b. Acknowledge that they have no recourse or claim of any nature against Discovery Vitality or any entity of the Discovery Group of Companies.
12. If we choose to alter or end the offering, we will let the participants know beforehand or as soon as is reasonably possible.
13. If required as a result of legislation or other legal reasons, the promoters reserve the right to end this competition immediately. Should we end the competition, all participants:
 - a. Agree to waive any rights that they may have in terms of this offer.
 - b. Acknowledge that they will have no recourse against the promoters or their agents.
14. Rewards cannot be exchanged for cash and/or transferred.
15. Participants need to get their own tax advice about any benefit they may get in terms of these rules. Discovery Vitality will not be responsible for any tax consequences.
16. By participating in this competition all participants agree to be bound by these terms and conditions, the [Vitality Main Rules](#) and where applicable; the Vitality gym benefit rules for [Virgin Active](#) and [Planet Fitness](#) and [Vitality Pay as you Gym](#) terms and conditions.
17. Participation in the offering may involve transacting on a third party's platform which is outside the control of Discovery Vitality. Discovery Vitality makes no representations nor has any supervision or control over the quality, content, reliability, or security of the third-party platform, nor shall Discovery Vitality be liable for any damages arising from its use. You indemnify Discovery Vitality and the Discovery Group of Companies against claims for such damages accordingly.

18. The promoters do not take any responsibility and shall not be held liable for any loss, injury or damage of any nature caused as a result of the participants' engagement in the competition or the use of the abovementioned reward.
19. With their written consent, participants may be asked to appear and be identified on Discovery Vitality Facebook, Twitter, and Instagram at no cost to them. The selected participants may decline the option of appearing or being mentioned on Discovery Vitality Facebook, Twitter and Instagram and will not forfeit their reward(s) should they elect to do so.
20. Participants in this promotion understand and agree that to participate in the competition, the promoters are required to collect and use the participants personal information. This promotion is conducted in accordance with the provisions of the Protection of Personal Information Act 4 of 2013 and falls under the terms of our Discovery Vitality privacy statement. You may write to us at privacy@discovery.co.za should you have any questions or concerns regarding how we will use your personal information
21. Any offers, discounts, and rewards applicable are limited to the confines of this competition and are subject to participant's acceptance and compliance with these terms and conditions.
22. Employees of Discovery Vitality, Discovery Group of companies are not eligible to enter this competition; individuals who are directors, partners, employees, agents of, or consultants to the Promoters or any of the Discovery Group of companies or any other similarly connected individual.

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