

Giveaways

If you reply with a sweaty selfie after each workout on Mon - Thur*, you'll be in the running for these prizes!

*The "sweaty selfie" can be any photo after your workout, your face, shoes, treadmill, etc.

*Photos sent Fri-Sun won't count for giveaways (but we'll still be proud of you for working out!)

Week 1 Giveaway [Oct 22 - 25]

Primal Kitchen kit + X pack of Apres



Week 2 Giveaway [Oct 29 - Nov 1]

Pair of ASICS shoes of your choice



Week 3 Giveaway [Nov 5 - Nov 8]

GoodR running glasses of your choice



Week 4 Giveaway [Nov 12 - Nov 15]

Outdoor Voices outfit of your choice



The Grand Prize! [completed all 16 workouts]

Hypervolt (a vibration massage device that helps relax sore and stiff muscles to improve mobility)

