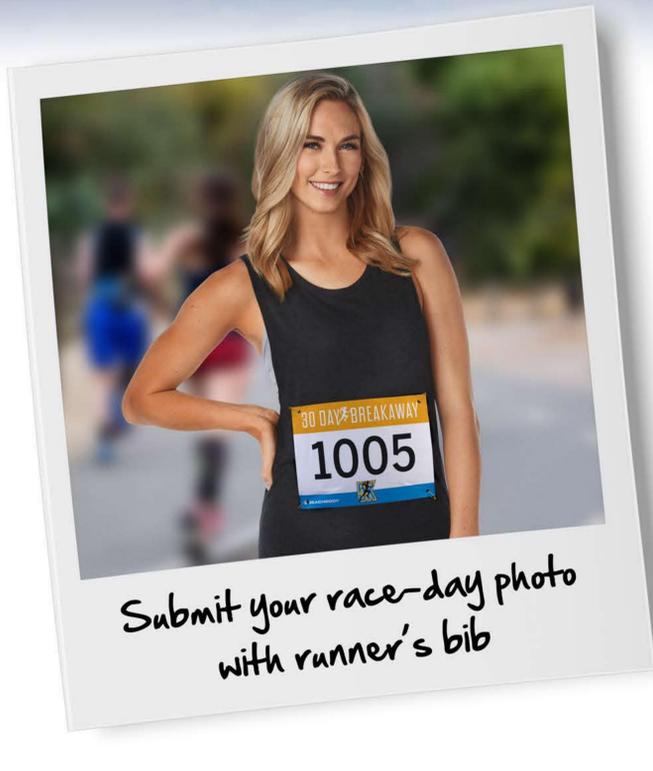


# FREE GIFTS



Submit your race-day photo with runner's bib



You put in the work to achieve your goals with Beachbody. Now, it's time to reap the rewards. Enter and submit your transformation results from any Beachbody program into the Beachbody Challenge contest by the end of 2021, and you'll not only have a chance to win big cash prizes, but we'll also send you a **FREE GIFT!**\*

For a limited time, if you enter your results from the new program 30 Day Breakaway, including your 5K race-day photo (wearing your runner's bib) by January 31, 2021, you'll receive the **FREE 30 Day Breakaway 5K medal.**\* All other contestants (who attribute their results to other Beachbody programs) will qualify for a **FREE "I DON'T GIVE UP EVER" SHIRT.**\*

You can only claim one gift at a time, up to a limit of one of each gift while supplies last. For the shirts, we're offering racerback tanks for women and T-shirts for men.

## HOW TO DOWNLOAD AND WEAR YOUR 5K RACE-DAY BIB



**DOWNLOAD** the file and enter any number up to 4 digits that is meaningful to you for your bib.

The bib can be found in two places:

1. 30 Day Breakaway on Beachbody On Demand under Program Materials
2. If you sign up for the 30 Day Breakaway Virtual 5K event, a link to the bib will be included in the confirmation email

**PRINT** two copies of the bib and, before you put your race shirt on, tape or pin one bib to the front. It should be clearly visible on your torso. Save the second copy in case the original bib gets damaged during your run.

**SNAP A PHOTO** of yourself with your bib when you cross the finish line.

**SUBMIT** your race time, an image of yourself with the bib, and the required entry information to receive a 30 Day Breakaway medal\* and for a chance to win cash prizes in the Beachbody Challenge contest. Learn more at [BeachbodyChallenge.com](http://BeachbodyChallenge.com)

## SIZE GUIDE

(All measurements are in inches.)

### CHEST

With arms relaxed down at your sides, measure the fullest part of your bust, keeping the measuring tape parallel to the floor.

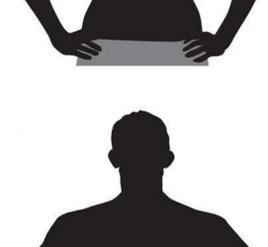
### WAIST

Measure around your natural waistline, which is the smallest part of your waist.

WOMEN'S SIZES	CHEST	WAIST
S	29 – 32"	23 – 26"
M	32 – 35"	26 – 29"
L	35 – 38"	29 – 32"
XL	38 – 41"	32 – 35"
XXL	41 – 44"	35 – 38"



MEN'S SIZES	CHEST	WAIST
S	35 – 38"	29 – 32"
M	38 – 41"	32 – 35"
L	41 – 44"	35 – 38"
XL	44 – 48"	38 – 42"
XXL	48 – 53"	42 – 46"



\*Free gift available only while supplies last.