

P90X[®]

GENERATION NEXT
CHALLENGE



GETTING STARTED FAQ

Welcome to The BODi Experience Community

A space built for connection, motivation and results.

Join in and unlock rewards [LEARN MORE](#)

DASHBOARD INVITE & EARN CHALLENGES REWARDS COMMUNITY CHAT NOTIFICATIONS SETTINGS

CHALLENGES ARE A GREAT WAY TO STAY MOTIVATED AND EARN POINTS TOWARDS DISCOUNTS (UP TO \$120!)
AT THE END OF EACH MONTH, ALL EARNED POINTS ARE TOTALLED AND YOU'LL RECEIVE ANY CORRESPONDING REWARD.
[CHALLENGE TERMS & CONDITIONS](#)

ACTIVE COMPLETED

3 Items ALL CHALLENGES

1 Item SURVEYS

1 Item SHARE

1 Item 10 MINUTE

THERE IS ONE RECENTLY ADDED CHALLENGE

SOCIAL POSTING CHALLENGE - SHARE P90X!
EXPIRES IN 17 DAYS 600 points

ALL OTHERS SORTED BY EXPIRING DATE

WE WANT YOUR REVIEW OF 10 MINUTE BODI
EXPIRES IN 19 DAYS [Review](#)

WHERE DO I SUBMIT MY PHOTOS AND VIDEOS FOR THIS CHALLENGE?

In The BODi Experience Community, navigate to the "CHALLENGES" tab, where you will see all of the active challenges available. Look for the ones with "P90X Generation Next Challenge" in the title, or filter the list by clicking on the category tile for "P90X Generation Next Challenge."

There you'll find each individual challenge with detailed instructions on how to submit your content to earn points.

CHALLENGES SCHEDULE | DUE DATES



- REQUIRED** • **DUE MONDAY 2/9 (1000 points)**
 - DAY 1 PHOTOS, MEASUREMENTS & VLOG
- OPTIONAL** • **DUE MONDAY 3/9 (500 points)**
 - DAY 30 PHOTOS
- REQUIRED** • **DUE MONDAY 3/23 (1000 points)**
 - WORKOUT VIDEOS
- OPTIONAL** • **DUE MONDAY 3/30 (500 points)**
 - SOCIAL SHARING CHALLENGE
- OPTIONAL** • **DUE MONDAY 4/6 (500 points)**
 - DAY 60 PHOTOS
- REQUIRED** • **DUE MONDAY 5/11 (T-Shirt!)**
 - DAY 90 PHOTOS, MEASUREMENTS, & VLOG

Final submissions will be accepted until May 24th

HOW TO TAKE YOUR STATS:



WATCH THE VIDEO ON HOW TO PROPERLY
TAKE YOUR MEASUREMENTS. PLEASE DO
THIS THE FIRST THING IN THE MORNING
ON DAY 1 AND DAY 90.

↓ **CLICK THIS LINK** ↓

<https://bit.ly/3NW1Wer>

**Hold onto these stats for the end of the
group**

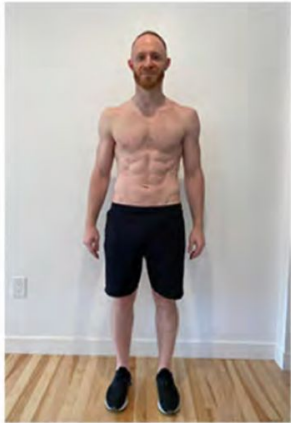
HOW TO TAKE A SELFIE:



- Selfies should be taken in a mirror.
- Full-length or a bathroom mirror at least waist up.
- We must see your face and belly button in each shot.
- Tidy up your background & clean your mirror.
- Make sure you have good and consistent lighting.
- No high-waisted bottoms!
- Women: Sports bra
- Men: Shirtless
- SMILE!

HOW TO TAKE POSED PHOTOS:

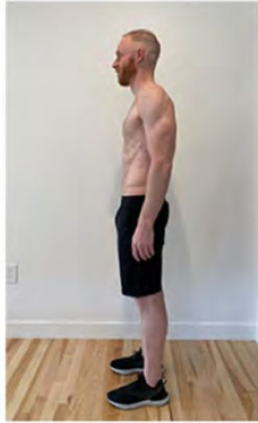
1. Front facing with arms at sides



2. Front facing hands on hips



3. Profile with arms at sides



- These are not selfies
- Must be taken head to toe. Use a timer or have someone take these of you.
- Pick a plain wall or door to stand against.
- Good lighting is critical, take your pics at the same time of day with even and good lighting.
- We must see your belly button in each shot.
- No high-waisted bottoms!
- Women: Sports bra
- Men: Shirtless

HOW TO FILM WORKOUT B-ROLL:



- Make sure your ENTIRE body is in the frame.
- Put your phone on a solid surface so the frame is steady
- DO NOT CROP YOUR VIDEOS
- DO NOT EDIT YOUR VIDEOS
- Film yourself doing a few different moves from the program.

HOW TO FILM VLOGS:



- Film in a brightly lit room
- Use your smartphone to film
- Utilize a tripod or some type of level surface to keep your phone completely still
- DO NOT use the selfie camera side when filming
- Avoid backlighting! Don't film with your back to an open window with sunlight pouring in.
- Film in a quiet room with minimal background noise so we can hear you
- Avoid blurry video, and wipe your camera lens clean of fingerprints.
- Please be standing, and film from your waist up. <-Your shot should look like this

REWARDS FOR COMPLETION!

- Points awarded for each challenge completed.
- A FREE SHIRT for completing all required challenges.
- A chance to see your story on the [BODiStories](#) Instagram page!

