

## Classic Physique Contest Entry Form

Paste “before” picture here

Paste “after” picture here. (Be sure to model your “after” picture in the same pose as the classic photos featured at [triedandtruefitness.com/contest](http://triedandtruefitness.com/contest))

In your own words, describe how your life has changed since using the classic principles from the book, *How To Build A Classic Physique*.

500 - 1,000 words:

[WRITE ESSAY IN THIS SPACE]



“I understand that all materials submitted become the property of Tried and True Fitness LLC and may be used in marketing materials across all media. I understand that any tax liability based on winning the cash prize will be mine and mine alone. I agree to check with my doctor before beginning any exercise or diet program.”

Signed:

Print Name:

Date:

When completed, you may send to [matt@triedandtruefitness.com](mailto:matt@triedandtruefitness.com)

Please put the word “Contest” in the subject line. Or you can print and mail to:

Tried & True Fitness LLC  
P.O. Box 1701  
Eastlake, CO 80614