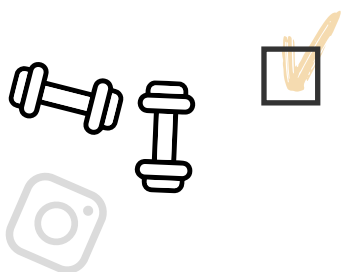


March 25–April 5

# #EMS MARCH MADNESS

**What's that, you ask?** Two weeks of fun social media challenges where you could win an Emily Schromm prize pack valued at more than \$500!

The rules are simple: Complete the FIVE CHALLENGES below and share on your Instagram feed or Stories using #EmsMarchMadness. Once you've completed all five, screenshot your posts and send to support@emilyschromm.com to be entered in to our raffle. **Winners will be announced on @emilyschromm on Friday, April 5, 2019 by 8 pm MST.**



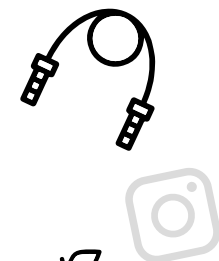
## **TASK 1** MEATHEAD MOMENT

Show us your favorite go-to move! From bicep curls and burpees to squats and kettlebell swings, **what's your favorite way to get strong?**



## **TASK 2** TEA TIMEOUT

Take some time for YOU! **Grab a cup of tea with a friend, read a good book or share your favorite quote to show how you prioritize self-care.**



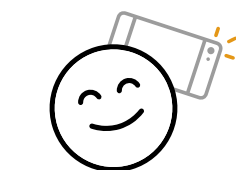
## **TASK 3** WINNING WORKOUT

When we leave the gym, we feel like a superhero! **Show us the workout routine that makes you feel on top of the world.**



## **TASK 4** TASTY TWISTS

Show us your favorite healthy recipe or recipe hack that adds a twist to make a meal healthy, like adding spinach to your smoothies or enjoying avocado chocolate pudding. **We want to see all the healthy recipe vibes!**



## **TASK 5** FULL PRESS FINALE

Free for all! At #EmsMarchMadness, we know that mindset, movement and nutrition are all important. **Share your favorite part about living your best life.**

YOUR CHANCE TO WIN \$500+ WORTH OF PRIZES!

the  
body  
awareness  
project

EMFIT

PLATFORM  
STRENGTH

EVOLVEDMOTION

ELEMENT