

"The Spirit of Malayan Tiger" Virtual Workout - RULES & REGULATIONS

As one of the efforts to control the epidemic, every individual shall take good care on personal cleanliness and adhere to healthy lifestyle such as having efficient exercise to enhance body immunity system.

Hence, this event has been organized to motivate participants to exercise at home during the movement controlled order implementation period. The event aims to encourage Malaysians to stay strong and healthy to fight the epidemic, meanwhile this is also an alternative for gymnasts and sport lovers to grab an extra opportunity to carry out exercise.

We believe that the recent unpleasant situation and panic environment will be overcome with the effort of every individual which start from maintaining personal healthcare. Let's be brave and gather the strength to shine like a Malayan Tiger.

During the implementation of Movement Control Order, participants should accumulate mileage by workout at home.

Event Period: 00.01am 23/3/2020 - 11.59pm 11/4/2020

Registration: FREE and open to public, closing date is 11.59pm 5/4/2020.

Mission: Reached minimum requirement of 20km distance by workout or any kind of exercise within the time stated above to contribute in saving our nation. Mission completed if you reached 50km.

Prizes: For those who has reached the minimum requirement of mission, they will be qualified for the title of "The Spirit of Malayan Tiger" and receive an e-certificate.

For those who completed mission, the first 500 people among them will be chosen to receive a special and limited edition "Malayan Tiger" medal.

Participation method: Download "MOVE-ON" virtual run app right now from Apple Appstore or Google Playstore for FREE. click onto the apps and registration for the event.

Download link: <http://onelink.to/7yt99j>

Upon any question on using the apps, kindly refer to the link below:
<https://www.mov3on.com/MoveOnUserGuide.pdf>

Report for Mission Accomplishment:

Step 1- Snap / print-screen on the interface on the spot when you reached 20km or 50km.

Step 2- Post the image to MOVE-ON official Facebook page immediately as the proven of mission completed within the stated time. FB link:
<https://www.facebook.com/moveonrun/>

Step 3- Once notified your post, a simple justified on the accomplishment will be carried on.

Step 4- Once your result confirmed, the e-certificate will send to you by email within 48hours. The medal will deliver by post to those who qualified within 7days.

Contacts:

For any enquiries, please do not hesitate to contact event organizer by email (info@mov3on.com) or private message to MOVE-ON official FB page or WhatsApp to +6011-2616 6839.

Let's MOVE-ON and workout at home to be as strong as Malayan Tiger!