



Terms & Conditions for the Freeletics 30-Day Challenge (January 2026)

1. Promoter

This promotional competition is run by **Freeletics GmbH**, Berg-am-Laim-Straße 111, 81673 Munich, in the following "Freeletics".

Contact person and responsible is solely Freeletics GmbH.

2. Conditions of participation

Participation in the competition is governed exclusively by the following conditions of participation.

How to enter competition	<p>Everyone with an active Freeletics subscription can join the 30-Day Challenge.</p> <p>To enter the prize raffle, all 30-Day Challenge participants must log at least 20 activities between January 2nd - January 31st 2026. Participants who keep a streak for all 30 days will be eligible to win larger prizes.</p> <p>Each activity must be at least 17 minutes long to count.</p> <p>Which kind of activities count:</p> <ul style="list-style-type: none">• Freeletics Coach-assigned workouts (training or mobility)• Freeletics Coach-assigned Mobility days (Ultimate Strength only)• On-demand or God workouts totalling 17 minutes or more• Externally tracked activities of 17 minutes or more – such as walking, cycling, or running – *must be logged in the app to qualify and be automatically entered to win prizes.
Prize	<p>Participants who enter the Challenge and complete 20 - 30 activities will be eligible to win prizes. Depending on your total amount of achieved activities there will be two categories of winners and prizes:</p>

- **Hardcore:** Log an activity on all 30 days to be eligible to win one of the bigger tier prizes
- **Easy mode:** Log an activity on 20 out of the 30 days to earn the special badge exclusive to this challenge and a Freeletics Goodie bag

I. Prizes for Hardcore Winners:	Shipping Conditions
Prize 1: <ul style="list-style-type: none"> • Fold-down Bench 500 • Adjustable Dumbbell Kit 20 kg 	Europe, UK
Prize 2: <ul style="list-style-type: none"> • Adjustable Kettlebell Kit 12-24 kg • 3-pack Resistance Band (15 kg, 25 kg, 35 kg) 	Europe, UK
Prize 3: <ul style="list-style-type: none"> • Weight Training Kit 93 kg 	Europe, UK

II. Prizes for Easy Mode Winners:	Shipping Conditions
<ul style="list-style-type: none"> • Freeletics Goodie Bag 	Europe, UK

***Note:**

Prizes will only be shipped to the countries listed above. Only participants from these regions will be eligible to be selected as valid prize winners. In certain cases, customs fees may apply.

Procedure

The challenge takes place in the period from Friday, January 2nd 2026, and runs until Saturday, January 31st 2026, at 23:59 CET.

	<p>The competition closes at 23:59 CET on January 31st 2026. Activities completed after the closing date will not be counted.</p> <p>Freeletics will randomly select 3 prize winners for Hardcore and 3 prize winners for easy mode from a pool of all eligible participants.</p>
How winners will be notified	<p>Winners will be notified via the email address used to sign up for Freeletics. If a winner cannot be contacted, is not available, or does not respond within 7 working days, the Promoter reserves the right to re-draw another winner from the valid entries that were received before the Closing Date.</p> <p>Winners of physical items will be required to provide their shipping address and give their permission to share it with Decathlon.</p> <p>Winners will receive their prize via postal service, coordinated by either Freeletics or Decathlon.</p> <p>Winners of digital prizes will receive these directly by email.</p>
Granting of rights	<p>Winners may be announced on social media. By participating in this competition, the winner gives permission for their name, social media handle and/or picture to be published on the Promoter's Social Media Channels or any other channels of the Promoter.</p>
Responsibilities and Warranties	<p>Any claims, questions, complaints, or issues relating to a Decathlon prize must be directed to Decathlon.</p>

3. General Terms & Conditions

By entering, all entrants agree to be bound by these terms and conditions and any associated entry requirements:

- a. Only natural people of full age are eligible to participate. The employees of Freeletics GmbH and its affiliated companies as well as their relatives and all

other parties involved in the execution of the competition are excluded from participating in this competition.

- b. Automatically generated entries (e.g. via lottery service providers etc.) are void. In any case of a breach of these terms and conditions or the influence on equal opportunities, e.g. by technical manipulation, or a similar serious violation, Freeletics may, at its own discretion, terminate the participation of the entrant or change the terms and conditions of the competition. The participation in this promotion is free of costs. Each participant is only entitled to participate once in the promotion.
- c. If a non-eligible participant is determined to be a winner, he/she will be denied the prize. The Promoter reserves the right to re-draw another winner from the valid/correct entries that were received before the closing date.
- d. The prize is non-transferable and non-refundable. No cash alternative is available in whole or in part.
- e. The winners will be selected at random from all valid entries for this competition received before the closing date. The participant must have an existing user account with Freeletics GmbH during the entire competition period.
- f. Recourse to the court is not permitted.

4. Warranties and publications

The participant declares by participating in the promotion that the respective email address is their own and is not owned by a third party. Should third parties file any claim against Freeletics for infringement of their rights in connection with the respective email address, the participant bears full responsibility for the damage suffered by the third party. The winner will be contacted via the given email address and requested to send their current address for the purpose of delivering the prize.

5. Declaration of consent

As far as personal data from participants are collected in the course of the competition, these are collected, processed, and used by the promoter solely for the purpose of carrying out and processing the competition. The data will be deleted within 30 days after the competition has been carried out. The participant may object or withdraw their consent at any time for the future. The participants have a right to access, rectify, and right of erasure of personal data.



6. Miscellaneous

If individual provisions of these terms and conditions are illegal, invalid, or unenforceable, this shall not affect the validity or enforceability of any other provision. There is no right of appeal. Jurisdiction is Munich.