Fitness Olympics												
	1	2	3	4	5	6	7	8	9	10	11	12
Week 1 Endurance												
1. Do 30 min or more Cardio of your choice												
2. Take a Ride Class (in person or virtual)												
3. Plank Hold as long as possible												
4. Airodyne Bike 3 min burning as many calories as possible												
5. Walk 10,000 steps for the day												
Total Points												
Points for doing one with a teammate												
Week 2 Strength Week												
1. Lift 30 min, your choice												
2. Take a Strength Based Group Ex Class												
3. Take a Small Group Training Class (not Biggest Loser)												
4. Use the Assisted Pull up Machine for 3 sets												
5. Wall Sit for as long as possible												
Total Points												
Points for doing one with a teammate												
Week 3 Agility and Balance												
1. Do a Yoga or Stretch workout 20 minutes or more												
2. Take a group class, yoga or bodybalance												
3. Use a medicine ball and do the russian twist, 3 sets												
4. Do the exercise Skaters and Squat Jumps, 3 sets each (step skaters and high knees alternative for low-impact).												
5. Do a team shuttle run on the gym floor or sled push on the turf strip (each person must push and pull)												
Total Points												
Points for doing one with a teammate												
Week 4 Mixed Events												
1. Row/Squat Pyramid (1 min row, 1 min squat, 2 min each, 3 min each, 2 min each, 1 min each												
2. Take a circuit or bootcamp or HIIT class												
3. Do a 20 min or more workout on the Climbr located in the upstairs workout area												
4. Repeat your AMRAMP from our first physical challenge												
5. Do a mixed cardio event with 3 different forms of cardio of at least 10 min each (row, bike, swim, treadmill, stair climber, eliptical, etc.)												
Total Points												
Points for doing one with a teammate												
Week 6 Sprint week												
1. Max calorie row in 30 seconds (3-5 sets)												
2. Most box jumps or step ups in 30 seconds (3-5 sets)												
3. Airodyne Bike max calories in 30 seconds (3-5 sets)												
4. Track Sprint, 30 secs (3-5 sets)												
5. Broad Jumps, 30 secs (3-5 sets)												
Total Points												
Points for doing one with a teammate												
Week 5 Team Relay												
1. Do a Group ex class with a teammate												
2. Go on a walk or jog with a teammate												
3. Do a 30 min strength workout with a teammate												
4. Share recipe ideas for meal prep with a teammate												
5. Do a group sled relay, each person doing one push and one pull. Must have at least 5 teammates.												
Total Points												
Points for doing one with a teammate												