



# *RunFit Challenge*

## *Men Vs. Women*



- \* Social Media Challenge: Promote AMRC
- \* Fitness Challenge: Jumping Jacks, Push-ups and Run
- \* 12-week Challenge Rules

*Help promote AMRC by sharing link to Atlanta Muslim Running Club page on your FaceBook news feed and by using #ATLMuslimRunC on your postings. AMRC link:*

*<https://www.facebook.com/atlantamuslimrunningclub/>*

*Below is an example, but feel free to write anything you want. (+2 pts)*



*Two fitness challenges this week. Receive 2-3 points per challenge completed.*

**1. Jumping Jacks and Push-ups: 3 Sets of 15 jumping jacks and 15 pushups twice this week. (+3 pts)**



See link for visual instructions for Jumping Jacks:

[https://www.youtube.com/watch?v=dmYwZH\\_BNd0](https://www.youtube.com/watch?v=dmYwZH_BNd0)

See link for visual instructions for Push-ups:

[https://www.youtube.com/watch?v=JyCG\\_5I3XLk](https://www.youtube.com/watch?v=JyCG_5I3XLk)

**2. Run twice this week. (+2 pts)**

Challenges will be fun and rewarding, but we need to have some rules to keep it fair. So here you go....

- Participants will be divided into two teams: *Men's team and Women's team*
- Points will be awarded to each participant based on completion of the challenge and by notifying AMRC FB group that challenge was completed.
- Weekly Challenge(s) need to be completed within the same week of the challenge.
- New participants are allowed to join anytime during the 12 week Challenge.
- Team with the most points at the end of 12 week challenge wins the competition.
- AMRC team will keep track of each individual score and post it on FB page on a weekly bases.
- Some weeks will have bonus points awarded based on the challenge.

How to earn points towards your team?

**1 point – Completing Social Media Challenge**  
**2 points – Completing each Fitness Challenge**  
**3 points – Meeting up for AMRC Group Run that week**