



# *RunFit Challenge*

## *Men Vs. Women*



- \* Social Media Challenge: Favorite T-Shirt
- \* Fitness Challenge: Plank and Walk
- \* 12-week Challenge Rules

Take a picture of your favorite workout T-shirt *and post it on AMRC Facebook Group* (+1 pt):

<https://www.facebook.com/groups/amrcrunning/>

Check out all the cool T-shirts everyone else is wearing.



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

## 1. Plank: Total of 10 minutes this week (+2 pts)



1. Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below your shoulders.
2. Keep your body straight at all times and hold this position as long as possible.

### Modified plank

- If above plank is too difficult complete modified plank.
- Get to plank position and support your weight on your knees instead of toes.



Benefits of plank exercise: <http://www.livestrong.com/article/500440-what-does-the-plank-exercise-benefit/>

## 2. Walk: Total of 60 minutes 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**