



RunFit Challenge

Men Vs. Women



- * Social Media Challenge: Neighborhood Park
- * Fitness Challenge: Bridge and Run
- * 12-week Challenge Rules

Take a picture of your neighborhood park *and post it on AMRC Facebook Group* (+1 pt):

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

Check out all the beautiful parks around Georgia.



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

1. Bridge: Complete 3 sets of 25 bridges 3 times this week (+2 pts)



1. Lie on your back with your knees bent and hands on the sides.
2. Brace your core, then press into your heels and squeeze your glutes to raise your hips toward the ceiling.
3. Hold the position for two seconds before lowering to start position.

See link for visual instructions: https://www.youtube.com/watch?v=sh63qy5EV_8

2. Run: Complete 1 mile non-stop run (+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