



RunFit Challenge

Men Vs. Women



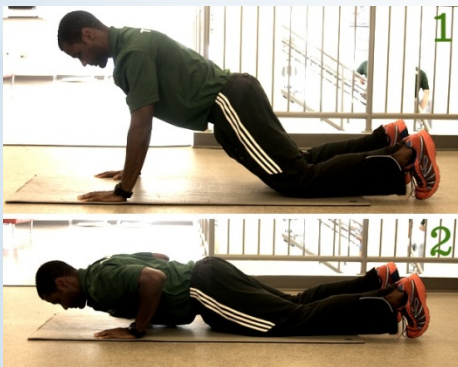
- * **Social Media Challenge: Motivation**
- * **Fitness Challenge: Push-ups and Run**
- * **12-week Challenge Rules**

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

1. Push-ups: Complete 200 Pushups this week (regular or modified) (+2 pts)



1. Facing the floor, place your hands and toes on the floor. Be sure to keep your body in a straight line. Position your hands slightly wider than shoulder width, and keep your shoulders over your hands.
2. Keep your abdominal muscles tight, inhale as you bend at the elbows and lower your body to the floor until your elbows form a 90 degree bend. Make sure your hips are still in line.
3. Bring your body to its starting position by exhaling and pushing into the ground.



Modified Push-ups

Same steps as above except use your knees for support.

See link for visual instructions:

https://www.youtube.com/watch?v=JyCG_5I3XLk

2. Run: Complete 2 miles 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