



TheEdge@AmericanAllstarsKids.com

248-668-9809

Fitness Challenge!

Are you ready to Take Yourself to the EDGE!?

Join us in taking the boredom out of the winter months and participate in a winter fitness challenge. **Don't worry, it doesn't matter if you are just getting started or if you have been working out for years, all levels are welcome and able to win fun prizes!** The whole point of the challenge is to give us a goal and a fun reason to stay focused through the long, cold months to come. Think of it as training for a triathlon, we'll just have more events! We'll call it the EDGE Pentathlon!

We are adding 2 workouts per week to help you improve your skills in the events. I will instruct and coach you through these 'Pentathlon personal training' sessions. The sessions are just \$7 for Pentathlon participants! (Normal pricing for non-Pentathlon participants.)

So here is how it will work. There are 5 events. They are listed below. You will come in sometime in the next 2 weeks during any of the scheduled fitness classes at the EDGE to determine your starting score. (Call if you are unable to attend and you can come in by appointment.) You will also choose 1 event from the optional events for your bonus event. This is any event from the list that you feel you want to improve or one that you already excel at to increase your score. Then we will re-test first week of March during one of the Pentathlon workouts. We will all be winners of course! But the Pentathlon winner will be the person who has had the biggest change in his/her score. We will also have event winners. Prizes will be awarded for event winners, and the Pentathlon Winner will receive a cash prize!

Requirements for Competition:

- Attend at least 1 workout at the EDGE per week (can be regular class or special Pentathlon Personal Training for \$7)
- complete pretest before Jan 1
- \$20 due at pretest (for prizes)



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The EDGE Pentathlon

Make your fitness program this winter more interesting!

- Exercise Program for all levels of fitness
- Prizes based on your own progress
- Pentathlon 'Personal Training' class for just \$7
- 5 Events plus bonus event
- Just \$20 due at pretest (for prizes)

Events:

Pull ups – 2 points for regular, 1 point for modified

Pushups – 2 points for military and 1 point for modified

Plank – 1 point for every 10 seconds held

Squats – hold 25% of body weight, 1 point for each squat completed in 2 min

Cardio Challenge – using treadmill, elliptical and stationary bike. Points awarded for distance traveled in 5 min on each machine

Bonus event options

Bench Press -1 point for each rep with 50% body weight

Shoulder press -1 point for each rep with 50% body weight

Sit and reach – points awarded for flexibility

Leg press – points for reps of body weight

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- Check the website for details.
- Also Check out our NEW MONDAY CLASS at 10:00-10:45, Constant Chaos. It's cardio based but has core and body weight resistance too! Come in and burn off those weekend calories!

Check out the workout options over Holiday Break on the website too. Don't wait till Jan 4 when the gym opens to get exercise. We will recreate the fun Thanksgiving workout several times while the gym is closed!

Have a safe and fit Holiday!
Carey