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248-668-9805

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**