



# *RunFit Challenge*

## *Men Vs. Women*



- \* Social Media Challenge: Workout Place
- \* Fitness Challenge: Burpees and Run
- \* 12-week Challenge Rules

Take a picture of your workout place (Ex: Home, outdoor, or work gym).  
Post on *AMRC Facebook Group* (+1 pt):

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

While you are there checkout where everyone is working out.



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

1. Burpees: Complete 3 sets of 15 Burpees twice this week (+2 pts)



1. Bend over or squat down and place your hands on the floor in front of you, just outside of your feet.
2. Jump both feet back so that you're now in plank position.
3. Drop to a push-up -- your chest should touch the floor. You can also drop to your knees here, which makes the impending push-up easier.
4. Push up to return to plank position (this can be a strict push-up or push-up from the knees).
5. Jump the feet back in toward the hands.
6. Explosively jump into the air, reaching your arms straight overhead.

See link for visual instructions: <https://www.youtube.com/watch?v=-I5iGaylsLk>

2. Run 3 times 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**