atlanta muslim
RUNNING CLUB
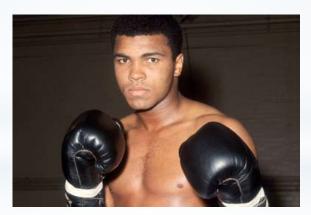
RunFit Challenge

Men Vs. Women

* **Social Media Challenge: Sports Role Model**
* **Fitness Challenge: Lunges and Run**
* **12-week Challenge Rules**

Who is your Sports Role Model and why? Post a picture of your role model on AMRC Facebook Group.:
https://www.facebook.com/groups/amrcrunning/

Steffi Graf

Muhammad Ali

Roger Federer

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

1. Lunges: 3 sets of 20 lunges three days this week (+2 pts)

1. Stand on your feet, shoulder-width apart.
2. Step forward and lower your body while maintaining balance.
3. Stand back up to existing position.
4. Step forward again with alternate leg.

Repeat above steps until 20 lunges have been completed (10 on each side).

See link for visual instructions: https://www.youtube.com/watch?t=25&v=jzbXc2OmRMk

Benefits of Lunges: http://www.livestrong.com/article/336841-the-benefits-of-lunges/

2. Run total of 10 miles this week. (+2 pts)

12-week Challenge Rules

Challenges will be fun and rewarding, but we need to have some rules to keep it fare. 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