

# THE WINTER CHALLENGE

Name



**F** **FITNESS  
FORUM**

# Welcome to Fitness Forum's Winter Challenge

Welcome to Fitness Forum's 2019 Winter Challenge!

Firstly, congratulations on making the commitment to complete this challenge. If completed correctly, you will be rewarded with improved fitness levels, lower body fat levels and a sense of pride and self-accomplishment that is invaluable.

This is a self-paced challenge that ends on August 10th. You can attempt any challenge on any given day.

With any challenge that you are on a cardio machine, we ask that you take a photo of the screen once complete and show reception staff so they can mark you off on our chart. You must also fill in this booklet with your results. With the single day challenges, they cannot be proven with photos. All we ask is that you complete these to the best of your ability with 100% honesty. I guarantee you the self-satisfaction of completing the challenge correctly will outweigh any amount of fatigue you feel during it.

This booklet explains each challenge in detail. If you are unsure of anything, please ask one of our friendly staff or visit our Facebook page or website for video tutorials.

Fitness Forum will also be entering the City to Surf on August 11. We encourage everyone who does the challenge to enter in our team for an unbelievable experience that will really top off your Winter Challenge experience.

When things get hard, remember why you are doing the challenge in the first place.

Good luck!!

A handwritten signature in black ink that reads "Daniel". The script is cursive and fluid, with a large 'D' and a trailing flourish.

**Run the Inca  
Trail  
&  
Row the  
Parramatta  
River**

## MY INCA TRAIL & RIVER CHALLENGE LOG

Name: \_\_\_\_\_ Date: \_\_\_\_\_

It is recommended that you complete these over multiple workouts, a bit at a time. Once you've completed your bit for the day, take a photo of the screen displaying your time and distance and show a staff member so they can log it. Your distance will always be rounded down to the nearest kilometre (e.g. if you complete 2.2km, it will be marked down as 2km). On the treadmill, there is **STRICTLY** a no hands allowed to hold on policy whilst running!! I encourage you to run as much of the 42 kilometres as possible! Only walk if you need a quick recovery.

The rower is to be done at level 10

**INCA TRAIL (target 42km)**

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[illegible]

## MY INCA TRAIL & RIVER CHALLENGE LOG

**Name:**

Date:

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## PARRAMATTA RIVER ROW (target 14km)

[illegible]

# **Tour de Sydney**

# **TOUR DE SYDNEY**

The column on the right represents the distance shown on the display (bottom right corner) and the column on the left represents the gear shown (bottom left corner). When the distance ticks over to the next number in the column, you must change the gear to the corresponding number in the column next to it. If you are unsure of what to do, please ask a staff member for help. Remember to take a photo of the screen when you finish as proof.

## **Stage 1- Green Valley to Liverpool 6.8km**

Level	Distance
10	0.0
12	1.0
8	2.0
10	2.6
14	4.0
18	4.6
14	5.0
10	6.0
<b>Finish 6.8km</b>	

## **Stage 2- Liverpool to Milperra 7.7km**

Level	Distance
10	0.0
12	1.0
18	2.0
10	2.5
14	3.5
8	4.0
12	4.6
18	6.0
12	6.5
<b>Finish 7.7km</b>	

## **Stage 3- Milperra to Bankstown 8.3km**

Level	Distance
11	0.0
13	1.2
16	2.1
10	2.6
11	3.5
13	5.0
8	6.2
15	6.7
10	7.5
<b>Finish 8.3km</b>	

## **Stage 4- Bankstown to Ashfield 9.0km**

Level	Distance
11	0.0
16	0.5
10	1.0
18	2.5
9	3.0
15	4.2
10	4.8
12	6.0
8	7.2
18	7.8
10	8.6
<b>Finish 9.0km</b>	

## **Stage 5- Ashfield to Harbour Bridge 11.0km**

Level	Distance
10	0.0
15	1.0
10	1.5
17	2.5
10	3.0
16	4.3
8	5.0
10	5.5
12	7.0
18	8.0
10	8.5
12	9.7
20	10.4
10	10.8
<b>Finish 11.0km</b>	

Once you have completed stage 5, you have now cycled all the way from Fitness Forum Health Club to the Sydney Harbour Bridge! That's over 42 kilometres on your bike! Congratulations on a great personal achievement.

Like the other challenges, you can keep track of your times for each stage and repeat them, trying to beat your previous time!

Keep up the good work!!!

# 6 in 1 Challenge



The following 6 challenges can be done in any order and at any time during winter. We have included the estimated completion time of each so you can schedule it into your workout.

If you are unsure of any of the exercises or set up, please ask one of our staff for help or go to our facebook page for tutorial videos on the challenge.

When you finish a challenge, show a staff member photos where required so they can mark you off on our chart. This is a self paced challenge to get you in the best possible shape for summer.

If you find any exercises too hard, speak to one of our trainers who can look at designing a program to improve your fitness and strength so you can then complete it.

**IF THINGS GET HARD, REMEMBER WHY YOU'RE DOING THIS IN THE FIRST PLACE.**

## **Abs of Steel: (Estimated time 20 minutes)**

Complete all 7 exercises in this abs circuit before having a rest for 1 minute. Complete the circuit 3 times in the same workout to pass this stage of the challenge.

### **The circuit:**

1. 60 second plank
2. 20 windmill sit ups
3. 20 suitcases
4. 25 medicine ball russian twists (each side)
5. 30 ab cycles (each side)
6. 30 toe touches (legs raised)
7. 60 second 45 degree hold

Tip: Repeat this workout throughout winter to continue strengthening and firming your core.

## **Triathlon: (Estimated time 25-30 minutes)**

A total of 6 kilometres completed over 3 different machines:

1. 1km row on level 10
2. 3km cycle on the spin bike on level 10
3. 2km on the treadmill (run all of it or as much as possible and no holding on or jumping off the sides!)

Take a photo of the screen at the end of each stage to show a staff member so we can mark you off. All 3 stages must be completed one after another in the same workout and in the order listed above.

It is recommended that you start a stopwatch at the beginning of the 6 kilometres and stop it at the end of the treadmill stage. By doing this, you can see your total time (don't stop/pause the timer between machines) and also repeat the triathlon throughout winter and see if you can beat your time to monitor improvements in your fitness as you work towards your summer body.

## **100 Storey Climb: (Estimated time 20-30 minutes)**

Climb 100 floors on the Powermill with a sled push (to the reception end and back to mirror) with no weight on sled every 20 floors (including at 100 floors = 5 sled pushes in total).

When you pause the Powermill to do your sled push, the timer will count down from 1 minute. You must finish your sled push and start the Powermill again before the 1 minute timer ends. If you don't, the machine will restart from 0 floors and you will have to start again!

Remember to take a photo of the screen when you finish, showing the number of floors climbed or call a staff member over to check the screen on the machine.

Start your stopwatch at the beginning and see how long it takes you to complete it. Stop your timer when you finish the last sled push after 100 floors. Repeat this and aim to beat your time to continue improving your fitness.

# **1000 Rep Workout: (Estimated time 30-45 minutes)**

You must complete 100 repetitions of 10 exercises (all in the one workout) to complete this challenge. You don't need to do 100 in the one go. For example, you may choose to do 20 of each and split it into 5 sets or you may choose to do 50 reps of each in 2 sets. As long as by the end you have completed the full 100 reps of all 10.

The exercises are:

- Push ups
- Sit ups (use the bench if you are unable to do an unassisted sit up)
- Dumbbell squat press (your bum must touch the bench at the bottom of the squat)
- Rebound lunges (50 each leg)
- Bench dips
- Ball slams
- Trx rows
- Squat jumps
- Box step ups (50 each leg)
- Mountain climbers (100 each leg)

## **Bodyweight Blaster: (Estimated time 30 minutes)**

This circuit must be done 3 times in the one workout to complete this challenge:

- 10 burpees
- 20 push ups
- 20 jumping lunges (rebound lunges if unable to do a jumping lunge)
- 20 bench dips
- 20 ab cycles (each side)
- 20 squat jumps
- 20 plank to push up
- 30 second wall sit

Rest for 1-2 minutes before starting set 2 and then again for set 3.

# Calorie Crusher: (Estimated time 30 minutes)

This challenge will work on and improve your cardiovascular endurance

The order is as follows:

- 100 calories on the Powermill
- 80 calories on the x-trainer
- 60 calories on the treadmill
- 40 calories on the rower
- 20 calories on the air bike

Remember to take a photo of the screen after completing your calories on each machine. At the completion of this challenge, show a staff member so they can mark you off.

How do you see how many calories you have burnt on the machine? **Treadmill:** press 'quickstart' and then select the 'enter weight' button. **X-Trainer:** press 'quickstart' and your calories burnt will automatically be visible. **Powermill:** press 'quickstart' and your calories burnt will automatically be visible. **Rower:** Press units until you can see calories on the screen. Press display until the screen changes to show large and easy to see numbers. **Air Bike:** press 'quickstart' and your calories burnt will automatically be visible.

**TIP:** To burn more calories in less time you can either increase speed or increase resistance. Remember to only work on a speed and level that you are comfortable at.



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**[www.fitnessforum.com.au](http://www.fitnessforum.com.au)**