



# RUGGED MANIAC CHALLENGE

*Good Day Down Under Members!*

We will be hosting a challenge to win FREE entries into the **RUGGED MANIAC**.

**THE RACE IS SATURDAY, AUGUST 5TH AT 12:00PM**

Anyone interested in competing in the race should sign-up at the front desk for a chance to win a FREE entry. All of the names will be placed in a hat and drawn at random to create teams of 3. We need 30 or more participants, so start recruiting!

The teams will then have to complete the following challenge:

- Each team member runs 0.25 miles on the TREADMILL or the HALLWAY (0.125 is marked for the turnaround point)
  - All 3 people must be done with the 1/4 mile before moving on
- As a team, 100 push-ups must be completed
  - All 3 "work" at the same time and total up individual reps until 100 is reached
- Everyone must run 0.25miles
- As a team, 100 box jumps or step-ups must be completed
- Everyone must run 0.25 miles
- As a team, 75 burpees must be completed (chest and thighs must touch ground)
- Final 0.25 miles for each competitor
- As a team, 75 wall balls are to be completed (height on wall will be marked and medicine ball must hit above that line to count)

The clock will start when your team begins the first 1/4 mile and completes the very last wall ball. Team with the fastest time wins the 3 FREE entries into the **RUGGED MANIAC**, GOOD LUCK!!!

**RUGGED**



**MANIAC**

5K OBSTACLE RACE