



[www.worldgymchallenge.com](http://www.worldgymchallenge.com)

### Gym Challenge for Haiti Advanced

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<b>Row</b> - 1000 m	Time:	<input type="text"/>	<input type="text"/>	
<b>Squat Thrusts</b> - 100 (50 x Alternate Leg)	Time:	<input type="text"/>	<input type="text"/>	
<b>Sit Ups - Full</b> - 50	Time:	<input type="text"/>	<input type="text"/>	
<b>Treadmill</b> - 1000 m	Time:	<input type="text"/>	<input type="text"/>	
<b>Bench Press</b> - 50 x 40 kg	Time:	<input type="text"/>	<input type="text"/>	

### Gym Challenge for Haiti Intermediate

<b>Row</b> - 750 m	Time:	<input type="text"/>	<input type="text"/>	
<b>Squat Thrusts</b> - 70 (35 x Alternate Leg)	Time:	<input type="text"/>	<input type="text"/>	
<b>Sit Ups - Full</b> - 30	Time:	<input type="text"/>	<input type="text"/>	
<b>Treadmill</b> - 700 m	Time:	<input type="text"/>	<input type="text"/>	
<b>Bench Press</b> - 30 x 30 kg	Time:	<input type="text"/>	<input type="text"/>	

### Gym Challenge for Haiti Beginner

<b>Row</b> - 500 m	Time:	<input type="text"/>	<input type="text"/>	
<b>Squat Thrusts</b> - 50 (25 x Alternate Leg)	Time:	<input type="text"/>	<input type="text"/>	
<b>Sit Ups - Full</b> - 20	Time:	<input type="text"/>	<input type="text"/>	
<b>Treadmill</b> - 500 m	Time:	<input type="text"/>	<input type="text"/>	
<b>Bench Press</b> - 20 x 20 kg	Time:	<input type="text"/>	<input type="text"/>	

Total:



## Gym Challenge for Haiti .... Because you can.

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### Guidelines

- Gym Challenges are essentially a format of challenging yourself to become progressively fitter.
- They add motivation and focus to each visit to a gym and can be completed in a very short period of time.
- They act as a measure of fitness whereby over a period of time, you will become stronger, leaner and your heart will become more accustomed to the stresses of dealing with a physical gym challenge.
- You will need to be prepared to add your own perseverance and patience in improving.
- After a relatively short period of time, with constant training and a good healthy balanced diet you will see improvements.
- It is recommended that when looking at a gym challenge that you only attempt a challenge that is suitable for your level of fitness, after all, you would not attempt a marathon without first training for it and gym challenges are no different.
- It is also recommended that you seek guidance from a qualified personal trainer to assist you in your training and someone who can verify your challenges (only registered personal trainers on WGC can do this)
- If at any stage during a gym challenge you feel unwell, dizzy or can feel something that is not quite right, stop and ask yourself if you would be harming yourself to continue? If in any doubt continue the challenge at a later date, or on another occasion and when it is safe to do so.
- If you are aware of any medical or physical condition that would cause harm to you while either training for an event, or competing in an event, you are to seek the guidance of a trained fitness professional, or your local GP and ask for guidance.
- Good luck in any gym challenge that you do.

