

World Gym Challenge Fancy Dress X-training Challenge for



(not to be confused with fancy X-dressing; fancy dress optional)

Sunday 21 March 2010 @ Fitness First Gorton from 2 – 6 pm

Entry £5, all proceeds to the DEC Haiti Earthquake Appeal

The challenges: -

The clock starts	Club	Club Plus	Club Xtreme
Row	500 m	750 m	1000 m
Squat Thrusts	50 (25 each Leg)	70 (35 each leg)	100 (50 each leg)
Sit Ups (Full)	20	30	50
Treadmill	500 m	700 m	1000 m
Bench Press	20 x 20 kg Men	30 x 30 kg Men	50 x 40 kg Men
	20 x 10 kg Women	30 x 15 kg Women	50 x 20 kg Women

The Clock Stops

Turn up, pick a course & give it a go