



Fitness First

BE THE NEXT GYM HERO

Join the challenge at your club today

1 MAR - 30 APR 2024

THE CHALLENGE

HIGHEST NUMBER OF REPS WINS

1

Viper Thread the Needle

As many reps as possible in 1 min, left and right will count as 1 rep (Female - 6kg | Male - 10kg)

2

Plank Jacks

As many reps as possible in 1 min, jump with your legs open wide and closing it back together counts as 1 rep

3

Suspension Trainer Single Arm Back Row with Rotation

As many reps as possible in 1 min on each arm

> SPEAK TO YOUR PERSONAL COACHES TODAY