

LiveFit Strength Challenge 2018

The LiveFit Strength Challenge is a fun competition to help our community stay in shape and learn new ways to LiveFit! This program was developed as a way to improve the health of the community and have fun doing it. We encourage LiveFit participants to have fun with the challenge! Encourage and inspire others through social media and in person too! Wear your team shirts proudly, post pictures, inspirational stories, & quotes on The Cardio Club Facebook wall.

Challenge Format:

Challenge runs 10/8-11/16. Each participant will receive a weekly card with different LiveFit activities to do for points locally & even while on vacation! This challenge is for teams of two.

Orientation, Packet & T-shirt pick up, Weigh-in:

WHEN: Wednesday, October 3rd **6:30pm-8: 30pm** at The Cardio Club

We highly recommend that all participants be at orientation and the first weigh in! (**WORTH 5 POINTS PER TEAM MEMBER**) *If you are going to be out of town we can discuss an alternative to earn points. Face Time may be an option.

LOCAL POINTS:

Contestants will receive a LiveFit Local card with 9 ways to earn points for this challenge.

Each category listed below can only be executed once per day!

Gym Or Class: You get 4 chances to earn 25 points for using the gym or taking a class. Participants are only allowed to get ONE "Gym/Class" stamp per day on the LiveFit card. You must use the gym for at least 45-minutes IN ONE VISIT.

Strength moves/assessment/strength classes:

Participants will meet with Cardio Club trainer's week 1. We will teach you the proper form for 5 strength moves and assess you individually. If necessary, you will be broken up into three strength classes: beginner, intermediate and advanced. Also, points will vary for men and women. Each group will have different variations on a move and weight percentages for lifting will vary.

5-minute challenge:

At the beginning of the challenge you will be given a list & diagram of "helper moves" to practice throughout the competition. The "helper moves" will assist you to gain strength and ultimately improve with the five moves you will perform for your assessment. The helper moves will be a variety of moves using the machines in the gym and a few bodyweight moves too. In order to earn 25 points daily, you will select one helper move each day, five times per week. Each day perform 3 rounds of the helper move, round one is 16 reps, round two you increase your weight and do 12 reps then round three increase the weight for only 10 reps. If the move is a bodyweight move, you can perform 3 rounds of 16. For example: Monday select one exercise from the "shoulder press helper moves". Lets say you select the bench press; round one you may bench the bar (45 lbs) 16 times, round two you bench the bar, plus 5 pounds and perform 12 reps, then round three is the bar plus 10 pounds (55 pounds) at 10 reps. Increase the weight how you see fit and if the bench press is too heavy for you, then you can start with free weights instead. We recommend using as many helper moves as you can throughout the competition!

Bonus Points will be awarded weekly for the % of strength gained, as well as at the end of the competition. At the beginning of the challenge trainers will test your strength and set individual benchmarks. Throughout your journey it is up to you to gain strength, because you will earn bonus points weekly AND at the end of the competition we will test you once again. During the final week of the challenge everyone will be re-tested and points will be awarded based on your % of strength gained across the competition.

Self Care: You get 6 chances to earn 25 points for Self Care! 1 chance to earn 25 points when you "Check in" with Raegan, on Monday nights at 6:15pm at The Cardio Club, via FB live, or viewed after 6:15pm for 20 points. Touch base with Raegan about your experience or ask any questions you have. This is to help keep you on track. 5 chances to earn 25 points when you complete EACH ONE OF THE 5 Self Care options from the following list: No Alcohol/Soda/Sports Drinks, No Added Sugar (meaning, no sweet treats, cereals, processed goodies, or sugary drinks), No Junk Food, sleep for 8 hours, Eat 3 meals, and 2 snacks, You cannot repeat the same thing twice. ONLY ONE self-care box can be initialed each day for points, with the exception of Monday! Monday, you can check of the check in box and one other.

Cardio Challenge: You get 3 chances to earn 25 points once per day when you get your heart rate going. Week one you will get your heart rate going for 0.5 miles per day (3x). Increase the number of miles by 0.5 weekly. For example: week one start with 0.5 miles of cardio and week two 1.0. We will increase it weekly in hopes that you will try to beat your time to finish faster! This could be a run, elliptical, stride, bike, swim or row. etc! You choose! By week 6 you should be going for 3 miles as fast as you can! Classes do not count for your cardio challenge!

Stretch: You get 5 chances to earn 25 points when you stretch for 10-minutes in one day. Stretching in a class does not count. There are recommendations for effective stretches on The Cardio Club website, www.thecardioclub.com.

H20: Earn 25pts weekly when you drink $\frac{1}{2}$ your body weight in ounces of water EACH DAY from Saturday-Thursday! *If for medical reasons you are unable to drink this much water, please contact Raegan for an alternative.

Pop-up Challenge: These vary from week to week and so will the points for each. Keep your eyes peeled for one challenge each week. These will be posted on Facebook on The Cardio Club page.

Partner Challenge: You get 1 chance to earn 25 points once per week when you perform a moderately to highly vigorous activity for at least 30-minutes with your partner. Teammates MUST WEAR their challenge tee or tank for their photo, in order to earn points! PICTURES ARE NECESSARY to earn points & MUST BE POSTED ON THE CARDIO CLUB Facebook business page. Classes DO NOT COUNT for a partner challenge, but you and your partner can hit the gym together to earn points.

BONUS POINTS:

*Please attach your bonus sheet to your week 6 cards and include ALL BONUS POINTS!

You will be awarded 10 BONUS POINTS at the end of the competition for posting "BEFORE AND AFTER" pictures and a testimonial on The Cardio Club page. Preferably a full body shot, in a fitted top or sports bra. For the men, fitted shirt or shirtless!

You will be awarded 10 BONUS POINTS at the end of the competition for handing in your survey! Your opinion is very important to us!

You will be awarded BONUS POINTS at the end of the competition for improvement with your RE-weigh in (stop by the office week 6 any time before Friday at 4pm)! Bonus points will be awarded for % of muscle mass increased and body fat decrease. If a person loses or gains 2.8% of their body fat, those 2.8 points would be added or subtracted to your points. For example: If weigh in weight is 175lbs- and the next week it is 170 that's 5 lbs. lost. To calculate the % of body weight lost it is $5\text{lbs}/175\text{lbs} \times 100 = 2.8\%$ body weight lost. If it is a gain it is the same formula.

Also, please include your bonus points for % of strength gained for ALL FIVE MOVES from your initial benchmark to what you can lift in the last week of the competition! This will play a major role in determining the winner!!!

Weight lifting competition: Midway in the challenge we will have participants compete in a good ole fashioned weight lifting competition in the gym. Everyone will compete against others in their strength class. We will pick 3 moves and the top 3 in each class who lift the most will earn bonus points!

#1 person overall will receive a small prize!

Strong group:

1/4 bodyweight: 1.5
1/2-bodyweight: 2
3/4-bodyweight: 2.5
Whole bodyweight: 3

Stronger Group:

1/4 bodyweight: 1 point
1/2-bodyweight: 1.5 points
3/4-bodyweight: 2 points
Whole bodyweight: 2.5 points
Whole bodyweight and 1/4: 3 points
Whole bodyweight and 1/2: 3.5 points

MENS Stronger group:

1/2 bodyweight: 1 point
3/4 bodyweight: 1.5 point
Whole bodyweight: 2 points
Whole bodyweight and 1/4: 2.5 points
Whole bodyweight and 1/2: 3 points
Whole bodyweight and 3/4: 3.5 points

*****Remember to wear a Challenge tee shirt or tank for Pop-Up Challenges & post a photo on the Cardio Club Facebook wall, in order to earn points!***

DIGITAL BODY SCALE: For this challenge we will use an FDA Approved; Body Fat Scale with Bio Impedance Analysis (BIA) technology that estimates body fat, water, muscle, and bone. Week 1 you will weigh in. The scale will assess your % of body fat, of body muscle, water and bone, based on your body composition. Bonus points will be awarded at the end of the challenge based on your % of improvement. **The scale will give a more accurate reading if you are fully hydrated, so drink your H2O before weighing in!**

VACATION POINTS:

If you are unable to hit the gym or take a class while on vacation, you can do 45-minutes of cardio or use a DVD instead.

Pop-up Challenges vary from week to week and so will the points for each. Keep your eyes peeled for one possible challenge each week. *If you are on vacation ALL WEEK and there is a pop-up challenge that pertains to the Delhi area, then you have the option of taking a special vacation pop-up challenge. Pop-up points awarded for the vacation pop-up will be according to the points being awarded for the Delhi Challenge. If the Delhi Challenge is worth 25 points, then so is the Vacation Pop-up.

Vacation Pop-up: BUCKET LIST ADVENTURE! Try something new, something you have always wanted to do!

Team Challenge: For the partner challenge box you must do the task that your teammate is doing, on your own while on vacation. This is only if you are on vacation all or most of the week and you cannot execute the partner challenge with your teammate in Delhi.

Please initial each box with each completed task on your LiveFit Card. Drop off to The Cardio Club office, send via Facebook (a picture of your card) to "Staff at Cardio Club" or email to cardiocluboffice@gmail.com by Friday at 5pm. ***POINTS MAY BE DEDUCTED FOR CARDS TURNED IN AFTER 5pm! The earlier the better please ☺***

Drop Outs: If a team has a team member drop out of the competition or has an injured team member they are allowed one substitution. The person who joins the team must pay the pro-rated registration fee when they weigh in.

PRIZES VALUE OVER \$1,000! (1 per team member):

1st Place: 1-hr Massage w/Rachel James of A Time to Heal Massage Therapy, a Chiropractic Adjustment at Viafore Family Chiropractic, a plaque on the wall & BRAGGING RIGHTS!

2nd Place: Colonic Hydrotherapy Session w/Joanne Kudrewicz

3rd Place: Plant based skin care product from Catskill Botanicals & CC Swag

Weekly Prizes:

Week 1: no prize

Week 2: Ski Lift Ticket to Plattekill Mountain

Week 3: Snow Tubing Ticket to Plattekill Mountain

Week 4: Plant based skincare products by Catskill Botanicals

Week 5: 1 Personal Training Session or Self-Defense Session with Gary Leahy

Week 6: 1 Acupuncture Treatment w/Kate Cauley

*Prizes are non-transferrable. By participating in the LiveFit Challenge you may note that The Cardio Club may use photos, results, and accomplishments for promotional purposes.

***REMEMBER, always check with your physician before starting an exercise program!**

Contact us at (607) 746-7050, email raegan@raegan.com or go to www.thecardioclub.com for more info!