

June & July



Rio Grande
Fitness Center

Prizes to Top
Winners

PUSH UP CHALLENGE

Point System 5 minute count

MEN

- 50 pushups • 100 points
- 75 pushups • 150 points
- 100 pushups • 200 points
- 125 pushups • 250 points
- 175 pushups • 300 points

WOMEN

- Total within 5 minutes
- 25-50 • 200 points
- 50-100 • 300 points

Age Groups:

15-19	40-44
20-24	45-49
25-29	50-54
30-34	55-59
35-39	60+

XTREME STRENGTH CHALLENGE

MEN & WOMEN - 1 Max rep

- SQUATS (Pounds lifted divided by body weight)
- BENCH
- DEADLIFTS



For more information contact:

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BERNALILLO COUNTY



WE'RE MORE THAN YOU THINK

