

Challenge Info



“Shape-Up 500 Challenge”



- Starts **Thursday August 26th**. Ends **Friday October 8th** (10 weeks).
- The **cost** to register for the challenge is **\$15**.
- Participants must nominate by filling in the registration form and paying the fee by **Tuesday August 24th**
- At the **beginning** and at the **end** of the Challenge all participants must weigh in, have measurements taken and have a “before” and “after” photo taken.
- To successfully complete the Challenge participants must:
 - Do 2 sessions per week on cardio equipment in the fitness centre and burn a minimum of 500 kcal per session (total of 20 sessions).
 - Do 2 sessions per week of resistance training lifting a minimum of 250 repetitions per session. Must contain 1 exercise per body part - i.e. Chest, Back, Legs, Shoulders, Bicep, Tricep & Core (total of 20 sessions).
 - Do 500 minutes of Group Exercise Classes during the 10 weeks of the Challenge.
- All training is to be recorded in Log Book that will be provided.
- The top 15 improvers in body shape, taking into consideration body weight & measurements, (as judged by H2O FITNESS staff) will be then be judged by the Venue Manager. The overall winner will receive a 12month membership and the runners-up (being the next 2 best males and 2 best females) will receive a 2month membership.



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REGISTRATION FORM

Name: _____ Email: _____

Phone: (H) _____ (Mobile) _____

H2O FITNESS member number: _____