



VERTICAL WORLD SUMMER CHALLENGE

Complete as many of these challenges as you can! Prizes will be awarded to those who have completed the most challenges. This is NOT an "I can do list," rather, this is an "I DID LIST", (after getting this score sheet).

Be careful/safe, have fun!

--- Ends SEPT 1 2015 ---

Climbing

- 5.6
- 5.7
- 5.8
- 5.9
- 5.1
- 5.11
- 5.12

Other Climbing

- 2 Route Link Up 5.8 or harder on Top Rope (climb up one route, down climb same route, climb up another route, down climb same route without touching the ground between routes)
- 2 Link Ups 5.8 or harder on Lead (climb up one route, down climb same route, climb up another route, down climb same route without touching the ground between routes)
- 3 Route Link Up 5.8 or harder on Top Rope (climb up one route, down climb same route, climb up another route, down climb same route, climb up one more route and climb down, without touching the ground between routes)
- No hands all the way up the slab
- Only footholds for hands up the slab
- T-nut climbing- use only T-nuts for feet up a climb
- Traverse the boulder room
- Silent foot traverse through top rope room
- 2 Staggered Pull ups Right hand high left, hand low. Then vice versa. 1 sets each side.
- 10 staggered Pull Ups. Right hand high left, hand low. Then vice versa. 1 sets each side.
- 4 dynos catching with left hand. Then 4 catching with right hand. Then 4 catching with both hands.
- 5 laps on each of the routes on each auto belay.

- Climb the flake with no holds (only flake and crack for hands and features for feet)
- Climb the medium and large crack with no holds
- 1 Rambo on the autobelay (up, down climb, up, down climb, up, down climb without touching the ground)

Bouldering

- V0
- V1
- V2
- V3
- V4
- V5
- V6
- V7
- V8

Other Bouldering

- 3 boulder Link up any grade. Climb one boulder up and down, climb another up and down, and then another up and down, without touching the ground in between!
- 4x4 Climb one boulder problem 4 times in a row with no rest between attempts. (must make it to the lip of the bouldering wall, no need to top out)
- 9 minutes on the bouldering wall (max of 10 second rest on the wall, otherwise must be moving the rest of the time)

Cardio

- Row as fast as you can for 5 mins
- Sprint Interval 30seconds, then 30 seconds rest. Repeat 8 times. On rower, bike, running, or treadmill.
- Run 3 miles
- Run 5 miles

- 50 squat jumps
- 100 jump squats
- 50 double unders jump rope
- 200 jump rope revolutions
- Run/jog to the Ballard Locks and back as a warm up
- Erg 500m at a 2:05 split or lower
- 100 flights of stairs on the stair stepper

Campus Board

- Use the jug rungs on the very left of the board for all of the following campus board challenges:
- Campus all the way up from the first rung with any campus sequence
- Ladder campus up starting on #7
- Double campus all the way up starting on #7 (both hands let go and grab the next rung)

Systems Wall

- Dyno yellow to blue
- Dyno yellow to yellow
- Dyno yellow to green
- Dyno yellow to gray

Classes

- Strength and Power
- Conditioning
- TRX
- Alpine Conditioning
- Yoga
- Animal Flow
- Zumba
- Systems
Range of Movement

Events

- Attend the 12th Annual Summer Slam Comp and Party
- Attend August Beta Night

Personal Training

- Book & attend a 30min consultation w/one of our trainers

Strength

- 10 pull ups in a row
- 15 pull ups in a row
- 100 push ups in a day
- 100 pull ups in a day
- 200 body weight squats in a day
- Do as many push ups in 1 min
- Do as many pull ups in 1 min
- 10 single leg squats - butt on bench
- 1 Pistol squat on each leg (heel stays down on the ground through the movement, butt comes all the way down to the ankle)
- 2min in plank
- 1min bicycle crunch
- 10 hanging knees to elbow
- Hang from Moon board for 10 seconds
- 1min side plank each side
- 5 Frenchies
- Max Typewriter Pullups
- Learn to Turkish Get Up properly
- Complete 3 Turkish Get Ups each side
- Complete 1 Kettle Bell Turkish Get Up each side
- Complete 1 Barbell Turkish Get Up each side

Gymnastics

- 1 muscle up
- L-sit in rings and hold for 10 seconds
- L-sit on paralettes and hold for 10 seconds
- Handstand using the wall and hold for 10 seconds
- Handstand for 5 seconds
- Crow pose for 20 seconds
- Cartwheels down the fitness corridor 4 times