



- FEBRUARY - CHALLENGE

The challenge runs from February 1st - 28th, tasks can only be scored if you complete them during this period, no post dating. All tasks are worth one point per tick unless the points are stated.

For the month-long challenges you get a point for each day of your longest unbroken streak. For week-long challenges you must do all 7 days for the point.

The "Improve your" tasks are completely personal. You can complete one clean and crisp rep where it may have been sloppy before, up the weight or maybe the reps. Try to progress in that order though. Good movement should precede heavy movement or lots of reps. Don't just be satisfied with one improvement, keep moving and getting better throughout the month.

If you need clarifications please ask the front desk staff.

Fitness

- Run / Jog somewhere new
- Run 5 miles
- Run 10 miles
- Run 26.5 miles over the month
- Run 100 miles over the month
- 10 second Handstand
- 1 min Headstand
- 1 min Crow Pose

Improve Your (point for each improvement)

- Squat/ Reverse Lunge
- Deadlift
- Push-up
- Pull up

Classes

- Weekday Warrior - Attend every class on a weekday - 1 point per class
- Frequent Flyer - Attend the same class every week for the duration of the challenge
- Attend 4 yoga classes in 7 days
- Attend a VW fitness class that you have never been to (different teacher counts)

VW Triathlon

Climb 8 routes ,Run 2.5 miles or Bike 5 miles, Row 2.5km

- Sub 1 hour - 5 pts
- Sub 2 hours - 3 pts
- Sub 3 hours - 2 pts

VW Team Triathlon

In a team of two climb 12 routes, run 6 or bike 10 miles, row 4 km. Amounts must be split between people

- Sub 1 hour - 5 pts
- Sub 2 hours - 3 pts
- Sub 3 hours - 2 pts

Activity/Nutrition

- 30 mins of activity per day for the month
- No sugar for 1 month
- Whole foods only for a week
- Whole foods only for 1 month
- Prepare all meals from scratch for 1 week
- Prepare all meals from scratch for 1 month
- Drink only water for a week
- No soda for the whole month

Climbing

*Climb all of the 5.__ / V__ in the gym in a day

- | | |
|----------------------------------|------------------------------|
| <input type="checkbox"/> 5.8 | <input type="checkbox"/> V0 |
| <input type="checkbox"/> 5.9 | <input type="checkbox"/> V1 |
| <input type="checkbox"/> 5.10a/b | <input type="checkbox"/> V2 |
| <input type="checkbox"/> 5.10c/d | <input type="checkbox"/> V3 |
| <input type="checkbox"/> 5.11a/b | <input type="checkbox"/> V4 |
| <input type="checkbox"/> 5.11c/d | <input type="checkbox"/> V5 |
| <input type="checkbox"/> 5.12a/b | <input type="checkbox"/> V6 |
| <input type="checkbox"/> 5.12c/d | <input type="checkbox"/> V7+ |

- Full gym traverse
- Full gym traverse + bouldering room

Climbing (continued)

Notes

- 3 boulder link up - climb all the problems without touching the floor in between.
- 4x4 - Climb four boulder problems that are difficult but doable. Repeat for 4 rounds.
- Climb all of the Level 1 setters challenge routes
- Climb all of the Level 2 setters challenge routes
- Climb all of the Level 3 setters challenge routes
- Climb all of the setters challenge routes
- Climb a route on every top rope and auto belay
- Climb the small crack - hands in feet out
- Climb the medium crack - hands in feet out
- Climb the large crack - Hands and feet in

- Climb the approximate height of these mountains by the end of the month with a climbing partner. Points are accumulative. Your Rainier can go towards your Denali getting points for both.

- Rainer - 14,409ft - 3600 panels - 5pts
- Denali - 20,322ft - 5080 panels - 7pts
- Everest - 29, 029ft - 7250 panels - 10pts

- Ropes about 10 panels
- Boulders about 5 panels

- Bring a first time climber to the gym
- Ask someone on the auto-belay to top rope
- Challenge a stranger to foosball
- Find out the names of all the Front desk staff and an activity other than climbing in which they participate.

Total points _____

