

Countdown to Christmas Gym Challenges - Win Prizes!

1st



2nd

How long can you do Dumbbell Arm Raise Hold (Women 5kg-Men 10kg)

3rd

How long can you do battleropes before stopping?

4th

How long can you last on level 100 spin bike?

5th

How many burpees can you do in 1 minute?

6th

How many sit ups can you do in 1 minute?

7th



8th



9th

How many press-ups can you do in 1 minute?

10th

How long can you hold a plank?

11th

How far can you ski-erg in 1 minute?

12th

How many ball slams (6kg) can you do in 30 seconds?

13th

How long does it take you to run 1km on the treadmill?

14th

How long can you dead hang?

15th

How many jumps with skipping rope can you do in 2 minutes?

16th

How long can you wall-sit?

17th

How high can you climb on the Stairmaster in 2 minutes?

18th



19th

Winner Announced!



20th

Have a Great Christmas Break!

Anyone can take part in our gym challenges at Exton Park, please ask a member of the fitness team if you need assistance and/or adaptations to any of the exercises listed