2016 FALL FITNESS CHALLENGES

This fall, UMass Campus Recreation is calling on YOU to get fit through a series of month long challenges. Designed by our certified Personal Trainers to take advantage of the many great resources available to UMass students, YOU can win many great prizes each month, including TWO FREE PERSONAL TRAINING SESSIONS, Fitness gadgets and equipment (ie. Jawbone fitness tracker, versa grips, Slingshot Hip Circle), and UMass Campus Recreation gear!

September: Fitness in Nature – Each week, hike in various locations in the Amherst area. All are within 30 minutes of UMass and designed to progressively get harder by increasing distance and altitude. By participating, you will strengthen your lower body and abs, learn how to navigate trail systems and plan hiking routes, as well as learn the geography of Western Massachusetts. Whoever completes the most challenges wins the prize. See monthly flyer for more information about rules.

October: General Fitness – October will be based on a push up, sit-up, and run plan. At the start of the month (date TBD) we will host an assessment. You will have one minute to do as many pushups as you can, one minute for sit-ups, and run one mile as fast as you can. Participants will then design an individual program and whoever makes the most improvement wins the month!

November: Strength – November will be another improvement based challenge. Early in the month (date TBD), participants will perform a one rep max on the bench press and deadlift at an assessment with the trainers. Proper form will be demonstrated for newcomers. Participants will then have a month to try to safely improve in weight, sending in progress reports to the UMass Campus Recreation Facebook page. At the end of the month, another assessment will be conducted to determine who improved the most. The winner will be determined by the trainers based on improvement and overall numbers.

SIGN UP by at our table in the Rec Center Lobby 9/6 – 9/9 for the September challenge, 9/26 – 9/30 for the October challenge and 10/24 – 10/28 for the November challenge or by emailing us with your contact information at umasswellnesscenter@gmail.com!