

# HITTING THE Slopes CHALLENGE

## BLUE RUN

- Complete Week 2 of Workout of the Week
- Incorporate the Ski Erg into Your Workout
- 20-Minute Walk or Run on the treadmill
- Attend an Outdoor Group Exercise Class You Haven't Tried Before

## DOUBLE BLACK RUN

- Complete Week 4 of Workout of the Week
- Match or Beat Your Cardiovascular Fitness Test Time
- Incorporate Battle Ropes into Your Workout
- Attend Sunday's 90-Minute Spin Class
- 20-Minute Cardio Workout on 2 Different Machines

## BLACK RUN

- Complete Week 3 of Workout of the Week
- Complete a 1.5-Mile Run as Fast as You Can
- 40-Minute Elliptical Workout
- Attend 3 Outdoor Group Exercise Classes

## GREEN RUN

- Complete Week 1 of Workout of the Week
- 3 Rounds: 15 reps of Skaters
- 10-Minute Warm Up on the AMT
- Attend 1 Outdoor Group Exercise Class

## TERRAIN PARK

- Utilize the Agility Ladder
- Attend 1 Group Exercise Class
- Cardio Circuit: 10-Minute Ski Erg, 10-Minute Assault Bike, 10-Minute StairMaster
- Complete 1 Workout with a Sports Pro
- Attend 1 SGT Class
- Attend 1 Pilates Class

## SKI LODGE

- Catch Up on Some Reading: <https://bit.ly/HeartBrainHealth>
- Complete 2 Braindeer Games
- Shop at The Coop
- Refuel at Cedars Woodfire Grill
- Visit the Cooper Spa
- Post a Workout Selfie and Tag @cooperfitnesscenterandspa
- Set 3-5 Goals for 2021

## EXERCISE REQUIREMENT

- Earn 2,020 MEPS or Exercise 1,010 Minutes

## SKI LESSONS

- 20-Minute Walk Around Outdoor Track
- 10-Minute Stretch on the Power Plate
- Attend 1 Yoga Class
- 10-Minute Stretch Prior to Your Workout

# HITTING THE Slopes CHALLENGE DECEMBER 1-31

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

*Turn in your completed tracker to Jessica Lu by January 8, 2021.*

Whether your run is on the slopes or here at Cooper, stay fit and accountable this holiday season with our Hitting the Slopes exercise challenge. Achieve the exercise requirement—2,020 Myzone® Effort Points (MEPs) or 1,010 minutes—and 25 additional activities to earn 100 My Cooper Rewards points.

DATE	ACTIVITY/EXERCISE	MINUTES TODAY   TOTAL
1		
2		
3		
4		
5		
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30		
31		
	<b>TOTAL</b>	