

Week	Challenge	Winner	Competitor 1	Competitor 2
1	Plank Hold	Longest hold time for one plank with good form.		
2	1/4 Mile Fitness Trail Loop	Fastest Time around the loop.		
3	Squats	Most squats in ONE minute.		
4	Basketball shots in the key	Most 2 point shots made out of 10 attempts.		
5	Sit ups	Most performed with good form in 45 seconds.		
6	Fish Game on the Rower	Highest score in a game.		
7	Jumping Jacks	Most performed with good form in 45 seconds.		
8	Recumbent Bike	Furthest distance traveled in 5 minutes at Level 3		
9	Treadmill	Furthest distance traveled in 15 minutes with no incline.		
10	Plank jacks	Most performed with good form in 45 seconds.		