

STAY MOTIVATED ALL YEAR

ENTER THE CLUBSPORT CHALLENGE

Find out if all those gym sessions are getting you fit and how fit you are compared to others of the same age and sex. You don't have to be super fit to take part. There are three levels: for beginners (Bronze), regular exercisers (Silver), and those who have attained a high level of fitness (Gold). The five disciplines at each level remain the same but with progressively increased loading, making it possible for anyone to improve their scores whatever their level of fitness.



For full details of how you can enter the Ultra-Fit magazine Clubsport Challenge and to download an entry form and training guide visit our website www.ultra-fitmagazine.com or see your instructor.

THE FIVE DISCIPLINES MUST BE COMPLETED IN SEQUENCE AGAINST A RUNNING CLOCK – **NO STOPPING**

1 Bike

2 Ab-curls

3 Row

4 Shoulder Press

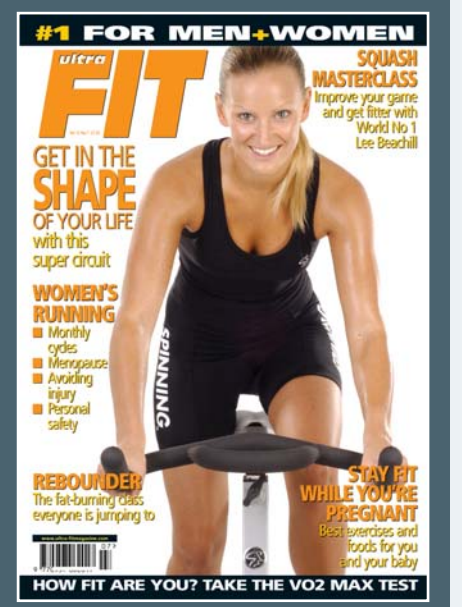
5 Treadmill Run



	1 km	15 reps	500m	men 15kg 20 reps women 7.5kg 20 reps	400m
BRONZE	1 km	15 reps	500m	men 15kg 20 reps women 7.5kg 20 reps	400m
SILVER	1.5 km	30 reps	750m	men 20kg 30 reps women 10kg 30 reps	800m
GOLD	2.5km	60 reps	1,500m	men 25kg 40 reps women 15kg 40 reps	800m 10% incline

Photography: Ultra-Fit Images/John Williams, Neil Francombe, Grant Pritchard

ultra FIT FOR MEN AND WOMEN



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