

Entry Fees:

- \$25 Current Clients – 1 additional Bootcamp Session per week
- \$59 Non-Member – 3 Bootcamp Sessions per week (9 total sessions)
- \$79 Non-Member – 4 Bootcamp Sessions per week (12 total sessions)

Grand Prizes:

- \$200 each to division with the fastest time at the end of the challenge
- 1 FREE month of training at Kinetafit Bootcamps to the team with the best improvement at the end of the challenge

First Testing Days:

April 13th and 15th

*During regularly scheduled bootcamp sessions

Final Testing Days:

May 6th and 7th

*Times to be determined

Rules:

- The beginning testing must take place on April 13th or 15th. The final testing must take place on May 6th or 7th.
- All contestants must have a partner in order to participate.
- All contestants are required to follow our training program at Kinetafit Bootcamps.
- All contestants must complete the information and liability forms.
- All contestants are recommended to complete the total sessions purchased per week at Kinetafit Bootcamps.
- No refunds are given after the registration fee is paid.

Events:

All event reps and further details will be revealed on the challenge-testing day!
Get excited because these events are set up to test you and your partner mentally and physically. We want to know who is Brighton's Fittest Pair!

Event 1: Bonnie

- Bike
- Prowler Sled Push
- Hand Release Push-ups
- Wall Taps

Event 2: Harvey

- Box Jumps
- Lunges
- Shoot Throughs
- Tire Slams

Event 3: Sophia

- Jump Ropes
- Partner Tire Flips
- Farmers Walk
- Seated KB Rope Pull

Event 4: Misty

- Bench Press
- Body Weight Squat
- Burpees
- Squat to Slams

Event 5: Michael

- Rope Pull
- Russian Twists
- Outside Run
- TRX Rows

Anyone can win! Train hard and have fun!