200 Lunge Challenge

Registration Form

200 lunges may seem like a lot - it can sound a bit daunting. If you're serious about increasing your strength, follow this 6 to 8 week training program and you'll soon be on your way to completing 200 consecutive lunges!

Think there's no way ***you*** could do this? I think you can! All you need is a good plan, plenty of discipline and about 30 minutes a week to achieve this goal!

Before you begin the 200 Lunge Challenge, you should obtain medical advice and clearance from your doctor.

By completing the 200 Lunge Challenge you will:

- Be recognized on the "I Completed the 200 Lunge Challenge" board.
- Get entered into a drawing for a **$100 Corporate Rewards gift card**.
- Gain strength and confidence.
- Earn Healthy Lifestyle Activity Points by tracking your exercise minutes on the **Exercise Tracking Log**.

EIN:

Name:

Departmet:

Start Date:

Submit by Email | Print Form

Win a $100 Corporate Reward Gift card

You can start and complete the challenge at any time during the season. You will be entered into a drawing for a $100 Corporate Rewards gift card for the season in which you completed the challenge.

Spring Challenge: March – May

Summer Challenge: June – August

Fall Challenge: September – November

Winter Challenge: December - February