



## 2020 Virtual Corporate Cup Challenge

October 17 - 31, 2020

### Strength & Conditioning Event

Thank you for accepting the Challenge! This year's event is all about participation and your individual and team goals. Working Well wants you to be safe, improve your health and well-being and have **FUN** in the process. We have created an event that is flexible, easy to complete, goal oriented and suited for varying fitness and competition levels.

#### DESCRIPTION

The Strength and Conditioning Leg has three parts that need to be completed within an hour or less. You will record the number of repetitions for each:

1. How many pushups can you do in two minutes? (Women can do pushups on knees.)
2. How many sit-ups can you do in two minutes?
3. How many times can you jump rope in two minutes?

#### SAFE AND EFFECTIVE WAYS TO PERFORM EACH EXERCISE

##### Push-up

- Head is neutral and in line with the spine
- Hands shoulder width apart
- Lower your body until your chest is an inch or two above the floor, elbows about a 45-degree angle to your body
- Push your torso away from the ground until your arms lock, keeping body straight as you lower up and down
- Women can perform on knees, men on toes

##### Sit-up

- All sit-ups must be performed within the 2-minute period.
- Arms across the chest, with the hands touching the shoulders.
- Feet flat on the floor and raise your knees.
- Feet held by the designated counting volunteer or under and object.
- Touch your elbows to knees when in "up" position.
- Drop your shoulder blades to the floor in the "down" position.

##### Jump Rope

- All jumps must be performed within the 2-minute period.
- The rope must pass under both feet for each jump.
- Starting and restarting is allowed.

#### DOCUMENTATION OF PARTICIPATION

This will be an honor system, but you can also have a friend record your work or if using one of the local fitness facilities, the staff can count for you.

Print your bib and share your experience by uploading your photo on RunSignUp. Don't forget to keep it social and share your experience on Facebook or Instagram! Use **#CorporateCupChallenge**, **#CCCStrong** and tag Working Well!

#### FITNESS FACILITIES OFFERING ASSISTANCE

[Momentum Fitness Center](#) and [Premier Health and Fitness](#) will provide space and jump ropes to complete the exercises during October 17- 31st.

If you select Momentum Fitness Center, please contact Rod Foy at **rodf@momentumfitnesstally.com** and he will schedule a time for you to come in a complete your leg.

Premier will give a one-day guest pass for all participants who mention they are coming in for the Corporate Cup Challenge. Please bring your ID, mask and a towel if you plan to participate at Premier.