

# SUMMER FITNESS CHALLENGE

ISLAND  
ROCK GYM

Name: \_\_\_\_\_

## HOW IT WORKS

The Annual Summer Fitness Challenge is here! Get out, get active, challenge yourself, try something new, and explore!

1. Grab a challenge card at the Front Desk.
2. Complete as many challenges as you can before Labor Day.
3. Mark your name and progress on the poster.
4. Share your adventures with us, online:  
#summerfitnesschallenge  
#islandrockgym  
#climbkitsap

## Rope Climbing

- Climb to the top of any wall at IRG
- Climb a 5.8 without falling
- Climb a 5.9 without falling
- Climb a 5.10 without falling
- Climb a 5.11 without falling
- Climb a 5.12 without falling
- Climb the speed route (fast!) without falling

## Get Your Heart Pumping & Muscles Burning

- Do 500 lunges in one day
- Do 45 air squats in one minute
- Hold tree pose for one minute on each leg
- Hold plank for 5 minutes
- Wall sit for 5 minutes
- Skip or Jump Rope for 10 minutes
- Cycle 10 miles on the stationary bike
- Burn 100 calories on three different machines
- Burn 400 calories on the new Assault bike
- Burn 500 calories on the new Rower machine
- Burn 600 calories on any machine in 1 session
- Burn 2,000 calories in a day on any machine

## Impossible?

- Do 15 challenges in one day
- Do 30 challenges in one day
- Do 60 challenges in one day
- Do 70 challenges in one day

## Customize It

- Complete a custom challenge from a friend \_\_\_\_\_
- Complete the IRG challenge of the week from our Front Desk staff \_\_\_\_\_
- Complete a custom challenge from a family member \_\_\_\_\_

## Climbing Skills & Fitness

- Climb ½ way up the Slab without handholds
- Climb up the Dihedral without handholds
- Climb 10 routes of one color in one hour
- Climb 20 laps in one hour
- Climb 40 different routes in one session
- Climb 60 different routes in one session
- Climb to the top of the hand crack
- Climb to the top of the finger crack
- Climb a mile in one week (~190 routes)
- Climb every boulder at your onsight grade
- Climb 10 laps without rest, one grade below your max red point grade

## Get Outside

- Send a boulder problem outside
- Lead a sport route outside
- Lead a trad. route outside
- Climb a multi-pitch route outside
- Summit a 12,000 foot (or higher) peak
- Find 5 of the labyrinths on Bainbridge Island
- Hike/walk/run/bike up Mount Baldy
- Volunteer for a Washington Climber's Coalition work party
- Find the world's largest Western Red Cedar
- Paddle to Blake Island Marine State Park

## Bouldering

- Play "Add on in the bouldering rom w/ feet
- Play "Add-On" in the bouldering room
- Play "Elimination" in the bouldering room
- Take it outside! Climb a slab with no hands
- Send 25 different boulder problems in one hour
- Send 50 different boulder problems in one hour
- Make up your own boulder problem using any holds (film it, post it, & share it if you love it!)
- Make up 4 Dynos in the bouldering room (film, post, & share them if you love them!)

## Bouldering Level-Up!

- Boulder a V1
- Boulder a V2
- Boulder a V3
- Boulder a V4
- Boulder a V5
- Boulder a V6
- Boulder a V7

## Games

- Play Carcassonne
- Play Chess
- Play Checkers
- Play Go Fish
- Play Twister
- Play Ticket to Ride

## Get Fit – Mind, Body, & Soul

- Take a class at Island Rock Gym
- Try all IRG fitness equipment in 1 session
- Take a yoga class at Namaskar studio
- Take a Bainbridge Island Parks & Rec. class
- Take a class at The Barn
- Take a class at Bainbridge Island CrossFit
- Workout at Barrecor
- Join a game of Pickle Ball at Battle Point Park
- Climb at another climbing gym and wear your IRG shirt
- Pick up some fresh produce from the BI Farmers Market for a healthy meal at home. (Share a pic of your creation, if you love it!)

## Running

- Run a 10 minute mile
- Run a 6 minute mile
- Run the distance of a 1/2 marathon in a day
- Run every trail at the Grand Forest

10+ points = Name a route in the gym

30+ points = IRG Water Bottle

60+ points = 3-Punch Pass

100+ points = BIG Prize

## Feats of Strength

- Campus up & down the Flying Pull-Up Bar
- Do 15 pull-ups or chin-ups... in a row
- Hold a front lever for 3 seconds on The Rig
- Do a muscle-up on the Gymnastic Rings
- Do 10 Dips on The Matador
- Do one "Impossible Push-Up"
- Do 50 pushups

## Island Life

- Jump off of Point White Dock
- Visit Bloedel Reserve
- Find the rock cairns in the Grand Forest
- See a movie at Battle Point Park
- Visit Frog rock and take a selfie
- Bike around Bainbridge Island in one day
- Join open mic night at Rolling Bay Hall
- See a concert at Battle Point Park
- Watch the sunrise at Fay Bainbridge Park

## Community

- Attend an IRG Summer Social
- Teach someone to climb
- Bring a friend to IRG who's never been
- Participate in BI park district, trail work party
- Have a pint (of anything) with a friend at Bainbridge Brewing
- Volunteer at Helpline House

The Fitness Challenge works on the honor system, but if you're feeling social, take some photos and share them with us on facebook or instagram. If you have any questions or want some guidance on the challenges, don't hesitate to ask. Be brave, be bold, be safe, and have fun!



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