



WC JUMP ROPE CHALLENGE

APRIL 3 - APRIL 28 | MONDAY - FRIDAY

The jump rope is a massively underutilized piece of equipment in today's gyms. The jump rope can be used as a great warm up and for active recovery, as well as a part of a spicy HIIT workout meant to get that blood moving and heart rate pumping. The purpose of the jump rope is to improve our coordination, aerobic (with oxygen) endurance and to burn fat. For the month of April, if you haven't already guessed, we will be using the jump rope. Each week, for at least three sessions, you will incorporate the jump rope into your workout or warm-up routine. In each session, you must accumulate 200 single-unders or 100 double-unders for the session to be counted.

GOALS FOR THE CHALLENGE:

- ◆ To improve your overall endurance
- ◆ To improve your overall coordination

GET WITH A WELLNESS STAFF MEMBER BY MONDAY, APRIL 3 TO START YOUR CHALLENGE.

- ◆ Wellness Staff will give you a Jump Rope Challenge card (**keep up with your card**). Staff will sign each day that you complete your session of jump ropes. For your convenience, dates/lengths have been assigned for each day on your card.
- ◆ If you cannot attend the gym, you are responsible for posting a video of your sit-ups for that day to the Choctaw Wellness or Choctaw CrossFit Facebook page or show it to a Wellness Staff member to be verified. **A max of four videos will be accepted.**
- ◆ If you complete 100% (**12/12**) you will receive 15 Well Bucks! If you complete (**10/12**) you will receive 8 Well Bucks! So, if you want those Well Bucks, be consistent!

