



PULL-UP CHALLENGE

July 1 - 31, 2025



**Sign up at the Fitness
Center. Top male and
female of each category
will win a fitness coin!**

- Patrons will complete as many body weight reps as they can in a certain amount of time. Women - 2 minutes and Men - 3 minutes
- Participants will utilize an overhand grip. Reps will only be counted if chin goes over the top line of the bar and arms fully extend at the bottom of the pull-up. Patrons cannot rest their chin on the bar or utilize momentum/swinging.
- Age categories will be as follows for both male and female: 15-19, 20-34, 35-50, 51-64, and 65+
- Patrons names and number of reps will be posted on the Brag Board. If another patron exceeds the top rep count, their name will move to the top of the board.
- Patrons can participate daily to increase their number of reps and remain on top of the brag board.
- At the end of July, the top male and female of each age category will get a fitness coin.

For more information, call the Fitness Center at 961-3164.