



Push Up/Pull Up Challenge

What is the Push Up/Pull Up Challenge?

The Push Up/Pull Up Challenge is a semester-long program designed to keep you motivated to complete as many repetitions in the push up and pull up each week. You will have one attempt each week to complete as many repetitions as you can. Compete against other members to see who is the top competitor!

Who is eligible?

Any individual who has access to the Health, Leisure and Sports Facility.

How do I get started?

At any time throughout the semester, inform an on-duty Fitness Monitor that you would like to log your repetitions for the push up and pull up.



Rules of Engagement

Push Ups:

- Chest cannot touch the floor.
- Arms must be shoulder width apart.
- Must bend elbows 90 degrees.
- Can rest in the upright position.
- No time limit.

Pull Ups:

- Must start in a dead hang position.
- Can use under hand or over hand grip.
- Chin must pass the top of the bar.
- Arms needs to extend fully before repeating.
- Cannot use momentum to aid yourself.
- Allowed to rest in a dead hang position.
- No time limit.

For more information, contact:
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How to win?

Winners will be determined by the end of the semester combined totals from weekly participations.
Don't fall behind!

Top 3 females and males receive prizes!

August 29 (Mon) - November 6 (Sun)

