

BEAST CHALLENGE

Summer Edition



July 5th - September 5th, 2022

Can you **#EnduretheBeast**?

Schedule a 60-minute session with a HAC Beast-approved trainer and complete all six events of the challenge within the session. You must complete each event entirely before moving onto the next event. Those who successfully complete the challenge will receive a free hoodie.

\$60 to participate. All competitors will receive a HAC Beast beanie for participating.

THE HAC BEAST CHALLENGE SUMMER EDITION

EVENT 1 | 50 BEAST MAKERS (MANMAKERS)

Renegade row each side, push-up, pop up, clean, squat press, drop back down = 1

WOMEN: 30 lbs MEN: 45 lbs

EVENT 2 | 100 BARBELL DEADLIFTS

WOMEN: 115 lbs MEN: 165 lbs

EVENT 3 | 50 BARBELL SQUAT PRESS

WOMEN: 65 lbs MEN: 95 lbs

EVENT 4 | 100 PUSH-UPS

Or 150 modified

EVENT 5 | 150 ASSAULT BIKE CAL

EVENT 6 | 150 BALL SLAMS

WOMEN: 30 lbs MEN: 45 lbs



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Fitness
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FAQ's

How will reps be counted?

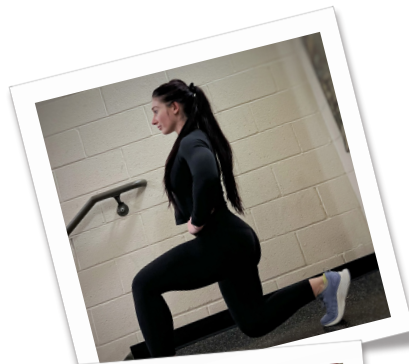
A Beast-approved trainer will be monitoring you while you take the challenge to count your reps and ensure that exercises are completed with proper form. Reps completed with improper form will not be counted toward completing the challenge.

Can I participate with a friend?

Participants will have the option to complete the challenge individually or with a single workout partner.

What happens if I successfully complete the challenge?

A leaderboard of stats from the fastest challenge finishers will be updated throughout the challenge period. Those who successfully complete the challenge will receive a free HAC Beast hoodie and will be added to our top finisher leaderboard. In addition, all finishers will be invited to participate in our HAC Beast Games to be held at a later date – details to come.



CURRENT HAC BEAST-APPROVED TRAINERS:

Make an appointment with one of our Beast-approved trainers to attempt the Beast Challenge.

- Rachel Evans
Elite Personal Trainer

TRAIN TO FACE THE BEAST:

Attend any of these Beast-approved Small Group Personal Training (SGPT) classes to help you prepare for the Beast Challenge:

- FIT 45
- GluteFIT
- LiftFIT
- Outdoor Bootcamp*
- Sunday Pop-Up FIT 45
- TRX®
- TRX-FIT 45

**runs in 8-week sessions*