

4-Fit Incentive Program Strength, Cardio Combo

February 3rd - 28th

Join us for a 4-week program to help build strength, increase endurance and achieve fitness goals with the guidance from your Kinema team! Check out the details below:

WHAT

Perform each of the 4 exercises weekly and record your time/reps. You can perform the exercises as many times through-out the week, submitting your best score. The time increments will increase weekly. Each # of reps will be based on a point system. Record # of reps on your tracker. *(will be shared with you once you sign up)*. **All trackers must be submitted no later than 12:00pm Mondays.

RULES

1. You must perform all exercises together and record your time/reps. You can do them as many times as you want throughout the week, but submit your best scores.
2. You can perform the exercises in any order that you want to.
3. Each movement format must be performed the same throughout all 4 weeks. *For example, push-ups done on knees must be completed on knees for all 4 weeks.*
4. You can perform these exercises at home and over the weekends.

MOVEMENTS: **Must be performed WITH GOOD FORM*

1. Squats - *Using step to parallel*
2. Push Ups (on toes **OR** knees) - *Use orange Kinema cup for parameter - bring chest to touch cup. Stay with the same format through all 4 weeks*
3. Seated Row - *MUST use Matrix machine. Use curved or straight bar w/grip. Bring to belly. For weight - must perform half of your body weight*
4. Run 1 mile *for time* under 10 minutes OR walk at 3.7 minimum/4.5 max pace under 16 minutes
5. Water Consumption - *Must consume 2 liters of water a day/67oz. Per day minimum*

How to Win **Each participant will receive a prize for program completion. Additional Winners:*

1. Top Male
2. Top Female
3. Most Improved

Week 1 - Count total reps of each exercise in 2 minutes*

1. Squats
2. Push ups
3. Seated Row
4. Run 1 mile *for time* under 10 minutes OR walk at 4.5 max pace

Week 2 - Count total reps of each exercise in 2 minutes 30sec.*

1. Squats
2. Push ups
3. Seated Row
4. Run 1 mile *for time* under 10 minutes OR walk at 4.5 max pace

Week 3 - Count total reps of each exercise in 3 minutes*

1. Squats
2. Push ups
3. Seated Row
4. Run 1 mile *for time* under 10 minutes OR walk at 4.5 max pace

Week 4 - Count total reps of each exercise in 3 minutes 30sec.*

1. Squats
2. Push ups
3. Seated Row
4. Run 1 mile *for time* under 10 minutes OR walk at 4.5 max pace

Squats	Points	Push-Ups
1. Up to 24	<i>25</i>	1. Up to 24
2. 25-50	<i>50</i>	2. 25-50
3. 51-75	<i>75</i>	3. 51-75
4. 76+	<i>100</i>	4. 76+
Seated Row	Points	Running 1 Mile
1. Up to 24	<i>25</i>	1. 10:00-9:01 minutes
2. 25-50	<i>50</i>	2. 9:00-8:01 minutes
3. 51-75	<i>75</i>	3. 8:00-7:01 minutes
4. 76+	<i>100</i>	4. 7:00+ minutes
Walking 1 Mile 4.5 Max	Points	Water Consumption (bonus)
1. 16 minutes (3.7-3.8min)	<i>25</i>	1. 7 days = 25pts MAX
2. 15:20 minutes	<i>50</i>	
3. 14 minutes	<i>75</i>	
4. 13:20 minutes	<i>100</i>	