

# Fall Fitness Challenges

By Nooksack Fitness

---

*You can register for either the 6-week Kettlebell Challenge, or the 6-week Abmat and Core Challenge. Specific info for each challenge is listed below. If you are looking for a 5 day/week fitness program, you can register for BOTH fitness challenges. Equipment will be provided. The Challenge start date will depend on equipment delivery.*

---

## ***Information:***

### **The Kettlebell Challenge:**

This will be a 6-week challenge with 3 workouts a week. These workouts can be completed at any point during the week. Workouts will be 20-30 minutes long with warmup time included, and videos will be a follow-along format.

The Kettlebell challenge will be a full body strength and conditioning program that you can add in to your routine. Kettlebells will be provided. Please see the list below of the Kettlebell weights. You can choose your kettlebell weight on your application.

#### Kettlebell weight options:

9 lbs  
18 lbs  
26 lbs  
35 lbs  
44 lbs  
53 lbs

*\*If you have never used a Kettlebell before, choose a lighter weight than you think you would need*

---

### **The Abmat and Core Challenge:**

This will be a 6-week challenge with 2 workouts a week. These workouts can be completed at any point during the week. Workouts will be 15-20 minutes long with warmup time included, and there will be follow along videos.

This is a great challenge for beginners, or anyone who want to get some extra core work! There will be different levels, and then a challenge to see how many sit-ups you can build up to based on your level of fitness.

Abmats will be provided for this challenge!

# Fall Fitness Challenges Application

---

Please fill out all fields and email to [Mtumangday@nooksack-nsn.gov](mailto:Mtumangday@nooksack-nsn.gov) OR [Kstapp@nookstack-nsn.gov](mailto:Kstapp@nookstack-nsn.gov) before October 18<sup>th</sup>.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Have you been a part of a Nooksack Fitness Challenge before?    Yes                      No

---

Which Fitness Challenge are you signing up for?

Kettlebell Challenge

Abmat & Core Challenge

Both Challenges

*If doing the Kettlebell Challenge, what size Kettlebell would you like to order?*

9lbs

18lbs

26lbs

35lbs

44lbs

53lbs

*\*For the abmat challenge, all abmats will be the same size*

---

How many times per week do you currently work out?

0

1-2

3-5

6+

---

The exact start dates of the challenges are to be determined based on when equipment can be ordered and delivered. Please be sure to check your email for information regarding the Challenges!

---

**\*\*To be eligible for either Challenge, you must sign the attached waiver and send it in with your application\*\***