

WHAT IS THE K2 CHALLENGE?

The Boeing Long Beach Fitness Challenge runs for 3 weeks

* Participants will complete a variety of total body workouts.

* Just like climbing K2, each week's activities will be progressively more challenging.

* Partners are recommended, however, they are not required.

* If you complete all 3 weeks; you will receive an incentive prize!

WHAT TO EXPECT

Week 1:

Climbers must complete 3 out of 4 specific routines

- Upper Body
- Lower Body
- Core
- Group Exercise Class

Week 2:

Climbers must complete 3 out of 4 specific routines

- Upper Body
- Lower Body
- Core
- Group Exercise Class

Week 3:

Participants must complete 4 specific routines

INCLUDING

The Final Ascent!

MORE INFORMATION

Base Camps

* Base Camps will be reached upon completion of each week's exercise routines.

* Climbers' progress can be tracked at the Fitness Center on the K2 Mountain Board.

The Final Ascent

* A challenging total body routine that will earn your prize!

To be completed the last day of Week 3.

Dates

Week 1 - Aug 22 - Aug 26

Week 2 - Aug 29- Sept 2

Week 3 - Sept 5 - Sept 9