RULES

- Each participant will complete three different exercises:
  - Side Planks (20 seconds for each side)
  - Reaching Medicine Ball Crunch (10 Reps)
  - Hanging Knee Raises (10 Reps)

- Notify a FC Attendant before participating.

- If you are new to these exercises, ask a FC Attendant to demonstrate before participating. Optional - Ask a FC Attendant to time your attempt with a stop-watch.

- Perform each exercise for the designated number of reps (or time) before moving to the next exercise.

- There is a 30-second maximum rest time between rounds.

- FC Attendant will record your participation on the MOM Board and enter your name into the MOM Raffle.

- Complete as many rounds as possible, but only once per day. Participate as many times as you can over the summer to increase your score.

Male and Female winners will receive $15 Gift Cards

Three raffles will be drawn to receive $10 Gift Cards