

# 5 EASY & EFFECTIVE FITNESS CHALLENGES

1. Who can get the most steps in 3 weeks?
2. Who can lose the most body fat in 8 weeks?
3. Who can increase their one-rep max the most in 8 weeks?
4. Whose  $VO_2$  max improves the most over 60 days?
5. Who shows the most improvement in one metric over 8 weeks?

