MARCH MUSCLE MADNESS 2015  
Rules and Regulations

OBJECTIVE:

Each team will motivate each other in performing various strength training exercises. Teams must be composed of 2 members. You DO NOT have to work out together to earn points.

WHEN:

March 17, 2015 to April 6, 2015. Sign up with Kristina D'Ambrosio between March 2nd and March 16th.

KDAMBROSIO@RAMCHEALTH.ORG or 608-415-3802

WHY:

Adding strength training to your exercise regimen can help increase lean muscle mass which in turn increases your resting metabolic rate. If you feel as though you have reached a "plateau" with your weight adding strength training can give it that boost it needs!

The American College Of Sports Medicine recommends that people strength train 2-3 non-consecutive days per week for health benefits.

To learn proper form and technique.

To win a PRIZE!!!! The team with the highest points will win a $25.00 gift card for each person!

HOW:

Each "player" can earn points by performing the following activities. Workouts that have been completed at your home, any fitness facility, or any class held here at RAMC will count.

**THE BIG ONE** - 5 points

Performing a minimum of 60 consecutive minutes of strength training. This is possible if you perform a proper warm up, adequate rest periods in between sets, and an appropriate cool down.

**THE NBA 3-4 points**

Either performing a minimum of 30 minutes strength training with your team OR attending a strength training class with your team (classes that count at RAMC are: Total Body Tone, Body Blast, Anything Goes, Tabata, On The Ball, or Circuits).

**BEHIND THE ARC** - 3 points

Either performing a minimum of 30 minutes strength training with your team OR attending a strength training class individually (classes that count at RAMC are: Total Body Tone, Body Blast, Anything Goes, Tabata, On The Ball, or Circuits).
**LAY IT UP - 2 points**

Performing a minimum of 15 minutes of strength training with your team member. This can be done at home, at a gym, or at a fitness class here at RAMC (classes that count at RAMC are: Total Body Tone, Body Blast, Anything Goes, Tabata, On The Ball, or Circuits).

**FREE THROW - 1 point**

Participating in a mind/body or strength video at home OR recruiting a non-exerciser to exercise with you for a minimum of 30 minutes OR participating in Yoga classes held at RAMC.

****MAX of 5 points per day per player***

But wait...THERE’S MORE!!!

**BONUS WORKOUTS!!**

Any cardio or strength training workout after 3 days of strength training is worth 3 bonus points! Workouts must last a minimum of 30 minutes.

At the end of the challenge turn in your entire team’s completed challenge logs for your chance to win!