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SUMMER THESS RESULTS CHALLENGE

TEAM LADIES
LED BY ALL THE MALE TRAINERS!

TEAN ITEM
LED BY ALL THE FEMALE TRAINERS!

EACH SUMMIT TO THE TOP = 1 POINT PER PERSON! SAN JACINTO PEAK - Mount San Jacinto Peak **MOUNT BALDY - Angeles National Forest** WOODSON MOUNTAIN AND POTATO CHIP ROCK - Ramona **BLACK MOUNTAIN PEAK - Black Mountain Open Space** LAWSON PEAK - Cleveland National Forest IRON MOUNTAIN - Poway **EL CAPITAN MOUNTAIN - El Capitan County Preserve EL CAJON MOUNTAIN - Lakeside** FLINN PEAK - Flinn Springs County Park NORTH FORTUNA - Mission Trails Regional Park MCGINTY MOUNTAIN - Jamul BIG ROCK TRAIL - Mission Trails Regional Park SOUTH FORTUNA - Mission Trails Regional Park **KWAAY PAAY PEAK - Mission Trails Regional Park COWLES MOUNTAIN - Mission Trails Regional Park** PYLES PEAK - Mission Tails Regional Park **KWAAY PAAY PEAK - Mission Trails Regional Park Heartbreak Hill Peak Ruffin Road Peak** La Mesa Hidden Stairs **Convention Center Stairs** New/Updated Yelp Review New/Updated Google+ Review Picture with every instructor after their class Take all classes in one day (M-F) Deep Clean Gym Have your work host an NXPT WORKOUT *Email Dan@nxptfit.com for details Attend Beach & Reebok Workout in one weekend Buy merchandise from Reebok after workout Bring a friend in for our \$10 for 10 days trial Check in on FB w/Picture (1 point for each check-in) Purchase FitAid Rep NXPT SWAG at non-gym event Attend TEAM EVENT Sign up for an OCR with NXPT (sign up before end of challenge, event can be any date in 2019)

Post to your Social Media and tag @NoExcusesPt and @NXPT

2 Show to a trainer for points on the board!

MUST POST for the challenge to count!

Donate a Plant & Pot to NXPT (2 points if pot painted for NXPT)

Picture with Dr. Cassidy after adjustment

@NOEXCUSESPT (FACEBOOK & INSTAGRAM)

#NXPT #NXPTNADE #FRC