

Be Fit Be Well Challenge- Increase Strength

The purpose of this challenge is for participants to commit to a 6 week training program designed to increase upper body and lower body strength.

- Participants will be tested prior to starting and tested upon completion.
- Testing will be done by Mike Hoyt, Strength and Conditioning Coordinator for Albright's Athletic Teams.
- The results of the initial testing will be used to determine appropriate individual weight settings for each participant.
- The program will be explained to participants and progress will be charted independently on the computers in the Wellness room adjacent to the fitness center.
- Wrist bands will be given at the start to remind the participant to stay focused on their goals and t-shirts will be awarded to those participants who track their progress, turn in their sheets, and are re-tested at the end of the 6 week period.

Please sign-up at the Schumo front desk for the program and for an initial test date. Test dates are listed below, if you are unable to attend, please contact acamlin@alb.edu or mhoyt@alb.edu to make other arrangements.

Test Dates:

Monday , September 29th between 11am – 12pm
Thursday, October 2nd, between 11am – 12pm
Friday, October 3rd, between 8am – 9:30 am

Program runs from October 3rd- November 16th