



Monthly Challenge

**Are you up for the
October Monthly Challenge?**

2 winners 2 prizes to be won - 1 male & 1 female.

***How many Barbell Curls can you do in
60 seconds?**

Competitors can try numerous times throughout the
month of October.

Challenge will end

Wednesday 31st October 2018 at 8:00pm.

Winners will be advertised on our Facebook page
and our website

*Ladies 15kg, men 20kg. Stand up with your torso upright while holding a barbell at a shoulder-width grip. The palm of your hands should be facing forward and the elbows should be close to the torso. Continue the movement until your biceps are fully contracted and the bar is at shoulder level.

So come on give it a go....You've got to be in it to WIN it !!