

**Diablo Rock Gym 2014 Challenge List.** Your name: \_\_\_\_\_

WHAT IS THIS?- Take on and complete some easy goals, some medium goals, some challenging goals, and some audacious goals. Surprise yourself, see how many challenges you can "tick off" the list in 2014! PLEASE jot down a date when you do a challenge. We'll award prizes to the members who "tick" the most challenges off. Read the back to see about the Red Point symbol. This is NOT an "I can do list," rather, this is an "I DID LIST" in 2014, (after getting this score sheet). Be careful/safe, have fun. Facebook your efforts. We have a dedicated Challenge page on Facebook.

- Climbing**
- 1  Climb to top of the wall on any route. (Red point it)
  - 2  climb a 5.8 in the gym without falling. (Red point it)
  - 3  climb a 5.9 in the gym without falling. (Red point it)
  - 4  climb a 5.10 in the gym without falling. (Red point it)
  - 5  climb a 5.11 in the gym without falling. (Red point it)
  - 6  climb a 5.12 in the gym without falling. (Red point it)
  - 7  climb a 5.13 in the gym without falling. (Red point it)

- Bouldering**
- 8  boulder a V0
  - 9  boulder a V1
  - 10  boulder a V2
  - 11  boulder a V3
  - 12  boulder a V4
  - 13  boulder a V5
  - 14  boulder a V6
  - 15  boulder a V7
  - 16  boulder a V8 or higher



- CrossFit, Weight Lifting, and General**
- 17  do 6 reps on 18 different machines In An Hour. (IAH)
  - 18  lift 150,000 lbs In A Day. (IAD)
  - 19  bench press 10,000 lbs IAD
  - 20  ground/overhead, men 75% of bdywght, women 50%
  - 21  complete 20 minutes of CrossFit mobility IAD
  - 22  PR Deadlift (beginners three days)
  - 23  take medium tire down alley and back
  - 24  complete five double unders
  - 25  PR "Cindy" (20mins: 5pll-ups, 10psh-ups, 15air-squats)
  - 26  22 box jumps in one minute (challenging box height)
  - 27  do 1,000 burpees in a week
  - 28  do twelve push-ups in a row from your knees
  - 29  do six push-ups in a row
  - 30  do 700 push-ups in a week



- General/Miscellaneous**
- 31  hold a hand stand for 15 seconds
  - 32  do a 25 ft hand stand walk
  - 33  do the "Deck of Cards Ab Challenge." IAH
  - 34  do a hand stand push-up without a wall
  - 35  Hula hoop for 2 minutes.
  - 36  take a personal training session with a DRG PT.

- Climbing Endeavors**
- 37  climb 6 routes/laps IAH at the gym.
  - 38  climb 13 routes/laps IAH at the gym.
  - 39  climb 12 different routes IAH at the gym.
  - 40  climb 20 routes/laps IAH at the gym.
  - 41  climb 30 different routes IAD at the gym.
  - 42  climb 66 different routes IAD at the gym(s).
  - 43  "climb a mile" IAD at the gym, (165 laps).
  - 44  12 laps no rest, one # grade below max redpoint.
  - 45  climb to the top of the crack using footholds
  - 46  climb to the top of the crack, crack only
  - 47  score 300 points Hans's climbing gym sheet IAD
  - 48  score 1,000 points Hans's climbing gym sheet IAD
  - 49  climb at GWPC or MM or LAB
  - 50  climb at MC or SPW or BIW
  - 51  climb at Dog Patch or The Studio

- Other**
- 52  take a 15 minute steam
  - 53  take a 15 minute sauna

- Bouldering Endeavors**
- 54  boulder the whole Golden Gate wall, OK to fall
  - 55  boulder 25 problems IAH, at the gym.
  - 56  boulder 60 problems IAD, at the gym.
  - 57  boulder 25 different problems IAH at the gym.
  - 58  boulder 50 different problems IAD at the gym(s).
  - 59  boulder 10 different problems in 4 minutes
  - 60  boulder traverse around "The Fin"
  - 61  boulder traverse across "The Prow" wall
  - 62  boulder traverse around "Arch Column" wall
  - 63  boulder traverse the bouldering area

- Running**
- 64  run a 9 minute mile
  - 65  run a 6 minute mile
  - 66  run 400 meters in under 90 seconds
  - 67  run a half marathon.

"Gymnastic Stuff"	68 <input type="radio"/> -do a lat pull down with 75% of your body weight	Cardio Equipment	104 <input type="radio"/> -"burn" 500 calories on the AMT machine	
	69 <input type="radio"/> -do a pull-up or chin up		105 <input type="radio"/> -Erg/row 1,000 meters in less than 6 minutes	
Fitness Classes etc.	70 <input type="radio"/> -twenty pull-ups or chin ups in a row (IAR), or 60 IAH	Outside and Other Adventures	106 <input type="radio"/> -Erg/row 3,000 meters in less than 18 minutes	
	71 <input type="radio"/> -hold a front lever for 5 seconds, or 200 bar dips IAH		107 <input type="radio"/> -climb 3,000 ft on the VersaClimber in one session	
	72 <input type="radio"/> -do a muscle up on the pull-up bar		108 <input type="radio"/> -climb 1,000 ft on VersaClimber in under 10 mins	
	73 <input type="radio"/> -do a muscle up on the rings		109 <input type="radio"/> -bike 100 miles or more IAD	
	74 <input type="radio"/> -muscle up on the rings without kipping, or 4 IAR		110 <input type="radio"/> -climb a multi pitch route outside	
	75 <input type="radio"/> -do a one arm pull-up or chin up, or 300 two arms IAD		111 <input type="radio"/> -summit a 14,000 foot peak or higher	
	76 <input type="radio"/> - run, bike, boulder, climb, weight lift, and take a fitness class all in the same day! <b>A "DRG DAY!"</b>		112 <input type="radio"/> -bike across Bay Bridge almost to Treasure Island	
	77 <input type="radio"/> -take a Yoga class		113 <input type="radio"/> -hike 20 or more miles of the Pacific Crest Trail	
	78 <input type="radio"/> -take a Cycling class		114 <input type="radio"/> -hike/walk/run/bike/unicycle up Mt Diablo	
	79 <input type="radio"/> -take a Core class, T4C, or other class not mentioned		115 <input type="radio"/> -post U OUTSIDE climbing/bouldering on DRG's FB	
80 <input type="radio"/> -enter the gym at 5:31 am on a weekday.	116 <input type="radio"/> -Pick up 66 pieces of trash/litter IAD			
81 <input type="radio"/> -take 8 fitness classes at DRG in a week!	117 <input type="radio"/> -swim out to border floats at lake Temescal			
82 <input type="radio"/> -take a TRX class	118 <input type="radio"/> -build a DRG cairn and post on DRG FB wall			
83 <input type="radio"/> -take a CrossFit class	Hand Strength	119 <input type="radio"/> -hold 10 lb plates with one hand, smooth sides out		
84 <input type="radio"/> -take HOT FUSION, Power Sculpt or Cardio Boxing		120 <input type="radio"/> -hold 25 lb plates with two hands, smooth sides out		
85 <input type="radio"/> -take a fitness class OUT OF DRG. name it:_____		121 <input type="radio"/> -hold 35 lb plates with one hand, smooth sides out		
86 <input type="radio"/> -help someone complete a challenge		122 <input type="radio"/> -lift 15 lb blob with two fingers and thumb		
87 <input type="radio"/> -climb with 6 new people. write names:		123 <input type="radio"/> -close the Captains of Crush Trainer		
General Stuff and Cardio	88 <input type="radio"/> -do 400 lunges IAH	Campus Board	124 <input type="radio"/> -campus 1-2-4 with feet	
	89 <input type="radio"/> -do 45 squats in a minute		125 <input type="radio"/> -campus 1-4-6 with feet	
	90 <input type="radio"/> -do 500 squats IAD		126 <input type="radio"/> -campus 1-2-4	
	91 <input type="radio"/> -do 10 squats on the Bosu ball		127 <input type="radio"/> -campus 1-4-6	
	92 <input type="radio"/> -do ten cart-wheels in a row without falling over		128 <input type="radio"/> -campus to the top of the board	
	93 <input type="radio"/> -do 1,000 jumping jacks in a day		129 <input type="radio"/> -campus two hand dyno two gap with feet	
	94 <input type="radio"/> -compete at an event at a Touchstone gym		130 <input type="radio"/> -campus two hand dyno four gap with feet	
	95 <input type="radio"/> -walk across the slack line or better		131 <input type="radio"/> -campus two hand dyno three gap	
	96 <input type="radio"/> -skip/jump rope 200 in a row		Audacious	132 <input type="radio"/> -Do any 20 of the challenges IAD
	97 <input type="radio"/> -ascend 1 mile on the incline trainers set at 30%			133 <input type="radio"/> -Do any 36 of the challenges IAD
	98 <input type="radio"/> -climb 222 floors on the stepmill in one session			134 <input type="radio"/> -Do any 66 IAD and get a big prize!
	99 <input type="radio"/> -NEATLY fold ten towels in 90 seconds		<p>In the 1970s German Climber Kurt Albert would put a red dot at the base of any route that he or others could climb all free from bottom to top. "Rotpunkt" or in English "Red point." We'll post how you are doing on our Challenge list board, if you want. <b>NEW 2014!</b> Online tracking available via google docs, ask about it. Please ask our staff, trainers, instructors, or other members how to do a given activity if you don't know. - we might tell you a challenging way to complete it! Do Hard Things.</p>	
	100 <input type="radio"/> -"burn" 500 calories on the elliptical machine			
101 <input type="radio"/> -"burn" 999 calories on any machine, in one session				
102 <input type="radio"/> -"burn" 500 calories on the stationary bike				
103 <input type="radio"/> -"burn" 2,000 calories on the cardio machines IAD				



**2014**

There are useful score and tracking sheets available in the filing cabinet in the weight room. Look for the separate Junior Challenge List. Store your challenge list at the front desk or the weight room file cabinet.

When you complete 36 challenges we'll give you a T-Shirt, complete 66 we'll give you another dot, 100+ we'll give you a special something along with the third dot. Look for addendum list in July.