

Diablo Rock Gym 2015 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 2015! PLEASE not 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 2015, (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 without falling. (Red point it)
 - 3 climb a 5.9 without falling. (Red point it)
 - 4 climb a 5.10 without falling. (Red point it)
 - 5 climb a 5.11 without falling. (Red point it)
 - 6 climb a 5.12 without falling. (Red point it)
 - 7 climb a 5.13 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 reps UNTIL FAILURE on 10 different machines IAH.
 - 18 lift 144,000 lbs In A Day. (IAD)
 - 19 military press 5,000 lbs IAD
 - 20 "Nice" push sled Alley length with bodywght.
 - 21 "Naughty" push sled Alley length with 2 X bodywght
 - 22 PR an Olympic Lift(beginners three days)
 - 23 take medium tire down alley and back
 - 24 climb rope without feet
 - 25 Complete 6 rounds in "Cindy"
 - 26 22 box jumps in one minute (challenging box height)
 - 27 do 500 burpees in three days
 - 28 do twenty push-ups in a row from your knees
 - 29 do 50 push-ups in two minutes
 - 30 do 100 push-ups in five minutes



- General/Miscellaneous**
- 31 hold a plank for 2 minutes
 - 32 do a 24 ft hand stand walk
 - 33 do a challenge given by desk staff_____
 - 34 get your name on leader board in weight room
 - 35 hula hoop for 2 minutes.
 - 36 take a personal training session with a DRG PT.

- Climbing Endeavors**
- 37 climb to top using no hands.
 - 38 climb 15 routes/laps IAH at the gym.
 - 39 climb 6 blue 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 200 points Hans's climbing gym sheet IAD
 - 48 score 1,100 points Hans's climbing gym sheet IAD
 - 49 climb at four Touchstone gyms IAD
 - 50 climb at MC, LAB, SPW or BIW
 - 51 climb at Dog Patch, GWPC, MM, or The Studio

- Other**
- 52 take a 11 minute steam
 - 53 take a 11 minute sauna

- Bouldering Endeavors**
- 54 boulder the whole Golden Gate wall, OK to fall
 - 55 boulder all green problems IAH, at the gym.
 - 56 boulder 12 RWB problems IAH, at the gym.
 - 57 boulder 25 different problems IAH at the gym.
 - 58 boulder 60 different problems IAD at the gym(s).
 - 59 boulder 20 different problems in 6 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 10 minute mile
 - 65 run a 7 minute mile
 - 66 run to north end of Iron Horse trail from DRG
 - 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	
	70 <input type="radio"/> thirteen pull-ups or chin ups in a row (IAR), or 50 IAH		106 <input type="radio"/> Erg/row 3,000 meters in less than 16 minutes	
	71 <input type="radio"/> hold a front lever for 5 seconds, or 180 bar dips IAH		107 <input type="radio"/> climb 3,000 ft on the VersaClimber IAH	
	72 <input type="radio"/> do a muscle up on the pull-up bar		108 <input type="radio"/> email Hans and receive a challenge.(complete it)	
	73 <input type="radio"/> do a muscle up on the rings		Outside and Other Adventures	109 <input type="radio"/> bike 100 miles or more IAD
	74 <input type="radio"/> strict muscle up on the rings, 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
Fitness Classes etc.	76 <input type="radio"/> run, bike, boulder, climb, weight lift, and take a fitness class all in the same day! A "DRG DAY!"	112 <input type="radio"/> find the Bay Bridge Troll, take picture		
	77 <input type="radio"/> take a Yoga class	113 <input type="radio"/> hike 16 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"/> participate in a BACC, AF or AAC clean up effort		
	80 <input type="radio"/> enter the gym at 5:31 am on a weekday.	116 <input type="radio"/> Pick up 100 pieces of trash/litter IAD		
	81 <input type="radio"/> take 7 fitness classes at DRG in a week!	117 <input type="radio"/> compete at an event at a Touchstone gym		
	82 <input type="radio"/> take a TRX class	118 <input type="radio"/> go to a farmer's market, buy a root vegetable		
	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"/> read an actual paper book, 200 pages or more.	121 <input type="radio"/> hold Gyro going for ten minutes			
86 <input type="radio"/> bring someone to gym that's never been before	122 <input type="radio"/> lift 15 lb blob with two fingers and thumb			
87 <input type="radio"/> climb with 7 new people. write names:	123 <input type="radio"/> close the Captains of Crush Trainer			
General Stuff and Cardio	88 <input type="radio"/> do 700 lunges IAD	Campus Board	124 <input type="radio"/> campus 1-2-3 with feet	
	89 <input type="radio"/> do 45 air squats in a minute		125 <input type="radio"/> campus 1-2-4 with feet smallest rung	
	90 <input type="radio"/> hold tree pose for one minute, each leg		126 <input type="radio"/> campus 1-3-5 medium rungs	
	91 <input type="radio"/> do 12 squats on the Bosu ball with 5lb hand weights		127 <input type="radio"/> campus 1-4-6	
	92 <input type="radio"/> CPAT 50 flrs 20lbs, 30 sldge, bdywght sled alley IAH		128 <input type="radio"/> campus to the top of the board	
	93 <input type="radio"/> do 500 jumping jacks IAH		129 <input type="radio"/> campus two hand dyno three gap with feet	
	94 <input type="radio"/> wall sit for 4 minutes		130 <input type="radio"/> campus two hand dyno four gap with feet	
	95 <input type="radio"/> skip/jump rope from one gate to the other in alley		131 <input type="radio"/> campus two hand dyno two gap medium rungs	
	96 <input type="radio"/> ascend 1,000ft on the incline trainers IAH	Audacious	132 <input type="radio"/> Do any 32 of the challenges IAD	
	97 <input type="radio"/> climb 199 floors on the stepmill in one session		133 <input type="radio"/> Do 2 challenges from each section IAD (30 total)	
	98 <input type="radio"/> NEATLY fold five towels in 50 seconds		134 <input type="radio"/> Do any 66 IAD and get a big prize!	
	99 <input type="radio"/> "burn" 100 calories on three different machines IAH	<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. NEW 2014!: 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" 400 calories on the elliptical machine			
	101 <input type="radio"/> "burn" 666 calories on any machine, in one session			
	102 <input type="radio"/> "burn" 500 calories on the stationary bike			
103 <input type="radio"/> "burn" 2,222 calories on the cardio machines IAD				



2015

Email Hans@touchstoneclimbing.com so you can **log your challenges online**, on a Google Document. 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.