

Diablo Rock Gym 2012 Challenge List.

Your name: _____

Goal of this list: 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 2012! 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 2012, (after getting this score sheet). Be careful/safe, have fun.

Climbing	1 <input type="radio"/> -climb a 5.8 in the gym without falling. (red point it)	Climbing endeavors	31 <input type="radio"/> -do three one arm push-ups		
	2 <input type="radio"/> -climb a 5.9 in the gym without falling. (red point it)		32 <input type="radio"/> -do a 15 ft Hand stand walk		
	3 <input type="radio"/> -climb a 5.10 in the gym without falling. (red point it)		33 <input type="radio"/> -do the "Deck of Card push-up Challenge."		
	4 <input type="radio"/> -climb a 5.11 in the gym without falling. (red point it)		34 <input type="radio"/> -climb 10 routes/laps in a day at the gym.		
	5 <input type="radio"/> -climb a 5.12 in the gym without falling. (red point it)		35 <input type="radio"/> -climb 10 routes/laps in an hour at the gym.		
	6 <input type="radio"/> -climb a 5.13 in the gym without falling. (red point it)		36 <input type="radio"/> -climb 10 different routes IAH at the gym.		
Bouldering	7 <input type="radio"/> -boulder a V0	Climbing endeavors	37 <input type="radio"/> -climb 20 routes/laps in an hour at the gym.		
	8 <input type="radio"/> -boulder a V1		38 <input type="radio"/> -climb 20 different routes in a day at the gym.		
	9 <input type="radio"/> -boulder a V2		39 <input type="radio"/> -climb 75 different routes IAD at the gym.		
	10 <input type="radio"/> -boulder a V3		40 <input type="radio"/> -climb 100 routes/laps in a day at the gym.		
	11 <input type="radio"/> -boulder a V4		41 <input type="radio"/> -climb to the top of the crack using footholds		
	12 <input type="radio"/> -boulder a V5		42 <input type="radio"/> -climb to the top of the crack, crack only		
	13 <input type="radio"/> -boulder a V6		43 <input type="radio"/> -score 500 points on Hans's climbing gym workout sheet. (East Buttress day)		
	14 <input type="radio"/> -boulder a V7		44 <input type="radio"/> -score 1500 points on Hans's climbing gym work sheet.(El Cap day, if < 3 hrs, let us know)		
	15 <input type="radio"/> -boulder a V8 or higher		45 <input type="radio"/> -climb at GWPC or MM		
	Weight room		16 <input type="radio"/> -bench press your body weight 5 times in a row	Other	46 <input type="radio"/> -climb at MC or SPW
			17 <input type="radio"/> -lift 100,000 lbs in a day, IAD		47 <input type="radio"/> -climb at BIW or The Studio
			18 <input type="radio"/> -lift 500,000 lbs in a day		48 <input type="radio"/> -take a 10 minute steam
	CrossFit		19 <input type="radio"/> -curl 5000lbs, (10 lbs X 500 or 20 lbs X 250 etc)	Swimming	49 <input type="radio"/> -take a 10 minute sauna
			20 <input type="radio"/> -complete "Fran" in 10 minutes		50 <input type="radio"/> -swim length of pool without stopping.
			21 <input type="radio"/> -complete "Fran" in 6 minutes		51 <input type="radio"/> -swim length of pool under water
General exercises	22 <input type="radio"/> -complete 15 rounds of "Cindy"	Bouldering Endeavors	52 <input type="radio"/> -swim 100 laps in the pool without stopping.		
	23 <input type="radio"/> -do 50 Burpees in a row		53 <input type="radio"/> -boulder 10 problems in a day at the gym.		
	24 <input type="radio"/> -do 500 Burpees in a day		54 <input type="radio"/> -boulder 25 problems IAH, at the gym.		
	25 <input type="radio"/> -do 100 bar dips in an hour, IAH		55 <input type="radio"/> -boulder 50 problems In A Day, IAD, at the gym.		
	26 <input type="radio"/> -complete 100 crunches non stop		56 <input type="radio"/> -boulder 25 different problems IAH at the gym.		
	27 <input type="radio"/> -complete 2,000 ab exercise reps in a day		57 <input type="radio"/> -boulder 50 different problems IAD at the gym.		
	28 <input type="radio"/> -do ten push-ups in a row from your knees		58 <input type="radio"/> -boulder traverse around beginner and low angle wall without falling."The Fin"(stay within allowed height)		
	29 <input type="radio"/> -do ten push-ups in a row		59 <input type="radio"/> -boulder traverse across the Prow wall		
	30 <input type="radio"/> -do 666 push-ups IAD		60 <input type="radio"/> -boulder traverse around Arch Column wall		
				Run	61 <input type="radio"/> -run a 9 minute mile
		62 <input type="radio"/> -run a 6 minute mile			
		63 <input type="radio"/> -run 400 meters in under 70 seconds			
		64 <input type="radio"/> -run 26.2 miles anywhere, (marathon)			

"Gymnastic stuff"	65 <input type="radio"/> do a lat pull down with 75% of your body weight	Cardio Equipment	101 <input type="radio"/> Erg/row 500 meters in less than 5 minutes
	66 <input type="radio"/> do a pull-up or chin up		102 <input type="radio"/> Erg/row 1000 meters in less than 8 minutes
Fitness classes etc.	67 <input type="radio"/> do twenty pull-ups or chin ups in a row	Outside Adventures	103 <input type="radio"/> Erg/row 3000 meters in less than 25 minutes
	68 <input type="radio"/> do a handstand push-up		104 <input type="radio"/> "burn" 100 calories on the Elliptical machine
	69 <input type="radio"/> do a muscle up on the pull-up bar		105 <input type="radio"/> climb 3000 ft on the VersClimber in one session
	70 <input type="radio"/> do a muscle up on the rings		106 <input type="radio"/> finish a 5, 10, or 40 K run, or a bike ride/race or a Tri.
	71 <input type="radio"/> hold back lever for 5 seconds		107 <input type="radio"/> Climb at a multi-pitch route in Yosemite
	72 <input type="radio"/> do a one arm pull-up or chin up		108 <input type="radio"/> swim from Alcatraz to San Francisco
	73 <input type="radio"/> swim, run, bike, boulder, climb, weight lift, and take a fitness class all in the same day! A "DRG DAY!"		109 <input type="radio"/> go across Golden Gate Bridge by/with human power
	74 <input type="radio"/> take a Yoga or Cycling class		110 <input type="radio"/> climb a grade IV or harder in Yosemite
	75 <input type="radio"/> ask front desk staff for the mid year TBD challenge!		111 <input type="radio"/> hike/walk/run/bike/unicycle up Mt Diablo
	76 <input type="radio"/> take a core class, T4C, or other class not mentioned		112 <input type="radio"/> post a picture of you climbing outside on DRG's FB wall
77 <input type="radio"/> take every fitness class DRG offers on a week day!	113 <input type="radio"/> boulder on outdoor natural rock		
78 <input type="radio"/> take ten fitness classes at DRG in a week!	Hand Strength		114 <input type="radio"/> hold 10 lb plates with one hand, smooth sides out.
79 <input type="radio"/> take a TRX class			115 <input type="radio"/> hold 25 lb plates with one hand, smooth sides out.
80 <input type="radio"/> take a Crossfit class		116 <input type="radio"/> close the Captains of Crush Trainer.	
81 <input type="radio"/> take a Zumba class or Cardio Boxing Class		117 <input type="radio"/> close the #1 Captains of Crush Gripper.	
82 <input type="radio"/> Get someone to climb who never has		118 <input type="radio"/> hold 35 lb plates with one hand, smooth sides out.	
83 <input type="radio"/> climb with ten new people(write names here-)	Campus Board	119 <input type="radio"/> campus 1-3-5 with feet	
General stuff and Cardio		84 <input type="radio"/> do 400 lunges IAH	120 <input type="radio"/> campus 1-5-8 with feet
		85 <input type="radio"/> do 666 lunges IAD	121 <input type="radio"/> campus 1-3-5
		86 <input type="radio"/> do 20 squats in a minute	122 <input type="radio"/> campus 1-4-6
		87 <input type="radio"/> do 500 squats IAD	123 <input type="radio"/> campus 1-5-8
		88 <input type="radio"/> do 5 squats with your body weight added	124 <input type="radio"/> campus two hand dyno two gap with feet
		89 <input type="radio"/> do 5 squats on the Bosu ball	125 <input type="radio"/> campus two hand dyno two gap
	90 <input type="radio"/> do 1,000 jumping jacks in a day	126 <input type="radio"/> campus two hand dyno three gap with feet	
	91 <input type="radio"/> do 6 one legged squats to 90 degrees	127 <input type="radio"/> campus two hand dyno three gap	
	92 <input type="radio"/> do 6 "butt to heel" one legged squats	Audacious	128 <input type="radio"/> Do any 20 of the challenges on the DRG 2012 list IAD. No "double using" activities.
	93 <input type="radio"/> Skip/jump rope 200 in a row		129 <input type="radio"/> Do any 36 of the challenges IAD
94 <input type="radio"/> "Climb" 1 mile on the incline trainers set at 30%	130 <input type="radio"/> Do any 66 IAD and get a big prize!		
95 <input type="radio"/> climb 100 floors on the stairmaster in one session.	<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 "point of red" -"Red point." Check off the red dot for those challenges you complete in 2012. We'll post how you are doing on our Challenge list board, if you want. 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 do it!</p>		
96 <input type="radio"/> climb 500 floors on the stairmaster in one session.			
97 <input type="radio"/> "burn" 500 calories on the Elliptical machine			
98 <input type="radio"/> "burn" 1000 calories on any machine			
99 <input type="radio"/> "burn" 500 calories on the Stationary bike			
100 <input type="radio"/> "burn" 3000 calories on the Cardio Machines IAD			

There are various score and tracking sheets available in the filing cabinet in the weight room to assist you.

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.

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