NXPT

FITNESS CHALLENGE

@NOEXCUSESPT
(FACEBOOK & INSTAGRAM)

#NXPT #NXPTMADE #NOEXCUSES

TAKE A PICTURE OF X at summit of Cowles Mountain **AND POST IT!**	**TAKE A PICTURE OF X** at summit of Potato Chip Rock **AND POST IT!**	**TAKE A PICTURE OF X** at summit of Mt. Baldy **AND POST IT!**	**TAKE A PICTURE OF X** at summit of Iron Mountain **AND POST IT!**	**TAKE A PICTURE OF X** at summit of El Capitan Mountain **AND POST IT!**
TAKE A PICTURE OF X at summit of El Cajon Mountain **AND POST IT!**	**100 BURPEES** in under 10 minutes	**PLANK HOLD** for 2 minutes	**WALL SIT** for 3 minutes	**LOG 30,000+ STEPS** in ONE DAY
TAKE A PICTURE after Convention Center Stairs Workout **AND POST IT!**	**TAKE A PICTURE** after Beach Workout **AND POST IT!**	**TAKE A SPIN CLASS IN A ONESIE POST IT AND TAG IT!**	**TAKE A PICTURE** after Reebok Workout **AND POST IT!**	**TAKE A SPIN CLASS** with each instructor by 2/17 **POST PIC W/EACH IN COLLAGE**
BACK TO BACK TO BACK Do the 5pm, 6:30pm, AND 8pm classes IN A ROW	**TAKE A PICTURE** wearing NXPT gear at a Pro Sporting Event **AND POST IT!**	**DAILY DOUBLE UP** Spin + any other NXPT class in 1 day	**TAKE A PICTURE** in the ocean, WAIST DEEP **AND POST IT!**	**TAKE A PICTURE** in or after NXPT Spin Class **AND POST IT!**
COMPLETE A #NXPTtri Ride 12 miles, Run 5K, Swim 500M **POST COLLAGE W/PIC OF EACH**	**TAKE A PICTURE WITH** NXPT Wellness Coach after Massage **AND POST IT!**	**TAKE A PICTURE WITH** IV or Vitamin shot at KOI Wellness Lounge **AND POST IT!**	**ATTEND 12 CLASSES** in ONE WEEK	**REFER A FRIEND** to the 10 day trial
BRING A FRIEND to an outdoor workout	**TAKE A PICTURE OF X** while out dancing with your team for 1 hour **AND POST IT!**	**WHILE ON VACATION, TAKE A PICTURE** of X after completing an NXPT Video Workout from the website **AND POST IT!**	**POST A REVIEW (FOR NXPT)** on Yelp	**POST A REVIEW** on *No Excuses PT* Facebook page
SPIN BEAST Complete 3 spin classes IN ONE DAY	**SWIM 400M, TAKE A PICTURE OF X** in the pool with your time **AND POST IT!**	**TAKE A PICTURE OF X** while on a REAL HORSE	**DO A HANDSTAND WALK** UNBROKEN for 20 feet **POST AND TAG IT!**	**GET VIDEO OF 10 OR MORE STRANGERS** yelling "I LOVE BURPEES!"
DO EVERY CLASS WE OFFER in each time slot IN ONE DAY	**BRING YOUR NATIONAL DISH** as a meal for your trainer	**WEAR ALTITUDE MASK** for an entire workout	**WEAR NXPT VEST** for an entire workout	**DRESS RIDICULOUSLY MISMATCHED** to any class **(WILL NEED TRAINER APPROVAL)**
DEEP CLEAN THE GYM after a class **(WILL NEED TRAINER APPROVAL)**	**RECORD YOUR CHILD (UNDER 5 YEARS)** completing 1 burpee	**SPIN 100 MILES WITHIN 5 CLASSES** Take a picture of monitor for each class **POST AND TAG IT!**	**TAKE A PICTURE OF X** with a trail sign after hiking Mission Trails **AND POST IT!**	**CREATE A MUSIC VIDEO SPOOF** using an NXPT class song
RUN HEARTBREAK HILL 4 TIMES back to back with approved NXPT sandbag. **POST AND TAG IT!**	**1000 TOTAL BURPEES** between you and your team	**2000 TOTAL SQUATS** between you and your team	**TAKE A PICTURE OF X** inside a police car	**SIGN UP FOR AN OCR EVENT** with Team NXPT **(MUST BE DURING TRC)**
CHANGE YOUR PROFILE PIC to something involving NXPT, and keep it up for the entire TRC.	**SHOTGUN A FITAID** Then do 30 burpees in 60 seconds **POST AND TAG IT!**	**WORK OUT IN NXPT FLOOR CLASS** while wearing a ONESIE **POST AND TAG IT!**	**RACE A RANDOM PERSON** in public. First to finish 25 burpees.	**BURPEES AND ROPES** Complete 10 burpees and 1 rope climb. For 10 rounds.
FACEBOOK FOOD PREP For one week, post your meals and ingredients to Facebook. Must tag NXPT.	**POWER JUMP HILL** Get up Heartbreak Hill using only power jumps. You must reach the NXPT door.	**UNLAZY SUNDAY** Complete the Stairs and Reebok workouts in the same Sunday	**100 8FT WALL BALLS IN 3 MINUTES** 18lb for men. 12lb for women.	**COMPLETE 100 SQUATS** while holding a baby

- All pictures and videos must be posted to your social media
- All exercise-based challenges must be completed in the supervision of an NXPT trainer, or video-taped.

1 or more teammates required

2 or more teammates required

3 teammates required