

"EDGE OF SANITY" | ALL NEW! EDGEWORKS MEMBER CHALLENGE

Take photos and/or video, share it and tag us! Because if a challenge is done at home and no one is there to see it, does it really happen?

LIVE! ONLINE YOGA CLASSES

MON 7:15PM WED 7:15PM
TUE 12PM THU 7:15PM
TUE 7:15PM FRI 6:00PM

ONLINE! GROUP FITNESS CLASSES

TUE 5:00PM WED 5:00PM
TUE 6:00PM WED 6:00PM
TUE 7:15PM THU 6:00PM

ONLINE FITNESS INSTRUCTORS

Allison Kathleen
Erica Lyra
Heidi Grace Rebekah M
Heidi K Samitha

AT-HOME FITNESS CHALLENGES

Thunderstruck Burpee Challenge: turn it up loud in your living room or outside!

Push-Up Challenge: how many can you do in 1 minute?

Door Jam Pull-Ups: how many can you do in a day?

CHALLENGE A FRIEND!

Shoulder Mobility Challenge: <https://www.youtube.com/watch?v=XfdmaTgyOMg>

Hip Mobility Challenge: <https://www.youtube.com/watch?v=BwgBc1HVzvo>

Deep Squat Mobility Challenge: <https://www.youtube.com/watch?v=ExcAvoAiUQk>

Share your own challenge with the Edgeworks Community! Tag us in your post.

LOG YOUR LOCKDOWN MILES

Add up your miles, starting TODAY!

Running #

Walking #

Biking #

AT-HOME TABLE BOUDERING

Kitchen Table Chair

Coffee Table Desk

Traverse your couch

*How fast can you clip 10 draws or carabiners?

HOME-STYLE FIRST ASCENTS

** Make sure to test stability and durability before committing your full weight.**

Your Kitchen Counter Your Cabinets Your Stairs

Your Fireplace Your Doorways Your Hallways

Anywhere inside your home! Bonus Points: Name Them!

HUMAN CLIMBING WALL CHALLENGE

** Find a buddy. Climb on and around their body without touching the floor! **

Around (the waist) Up, Over + Through (over the shoulders + between legs)

Double Bonus Points for Sharing Video!

ONLINE! CLIMBING SCHOOL CLASSES

APRIL 8 @ 6PM CLIPPING + UNCLIPPING Andrew

APRIL 15 @ 6PM RAPPEL SET-UP Tod

APRIL 22 @ 6PM ANCHORS Berndt

APRIL 29 @ 6PM ROPE CARE Cassandra

PRACTICE YOUR KNOTS + HITCHES

Clove Hitch Super 8 Double Overhand

Munter Mule Monkey's Fist Alpine Butterfly

BHK MMO Super Munter

Figure 8 Munter Hitch Prusik Knot

Bonus Points: Challenge a Friend!

KONDO YOUR CLIMBING GEAR!

Organize your gear closet/storage; share a photo

Alphabetize your climbing books

Clean your climbing rope(s)

Love your climbing shoes! Clean + deoderize them

HOME GYM SET-UPS

Show us your home gym!

Inspire others by sharing the cool and unusual ways you're staying active; home walls, hangboards, dog squats, etc.

CHALLENGE REWARDS FOR EDGEWORKS MEMBERS ONLY!

Record + report your points: each box = 1 point; unless #

1. We will share a link for members to report scores weekly.
2. Points will be added to existing Member Challenge tallies.
3. - or - we invite you to join now to start Earning Your Peaks!
4. Same points and peaks apply.
5. FREE t-shirts and peaks awarded when we re-open.

EDGEWORKS

CLIMBING + FITNESS



NAME: _____

T-Shirt Size: X-Small Small Medium Large XL 2XL 3XL

OUTDOOR LIVING

- Swing in a Hammock Barbeque Slackline Take a Guilt-Free Nap!
 Read a Book or Magazine Climb a Tree Picnic Backyard Camping

ENJOY THE DOWNTIME!

- Dance to the music! Call, text or chat with a friend Cook something new; try an all new recipe + share it!
 Complete a puzzle Submit a question to one of our Instagram AMAs!
 Finish a book Bake bread, cookies, a cake or make a pie! Use your climbing/camping gear to build a Rube Goldberg machine.
 Do a crossword puzzle

VIRTUAL HANGOUT CHALLENGES

- How many **Edgeworks faces** (members/staff) can you get in one virtual grid screen? #
 Use Edgeworks as your **virtual background**.
 Host/attend a **QuaranTHEME** virtual hangout: Climbing Gear Super Heroes Bed Sheet Met Gala
 Animal Onesies Wacky Hair Edgeworks
 Host/participate in a **Climbing Movie Netflix Party**: (binge watching alone also encouraged!)
 Free Solo (2018) Meru (2015) King Lines (2008) Dawn Wall '18 Any Reel Rock
 Pretty Strong (2019) Valley Uprising (2014) Higher Ground (2007)
 The Sharp End (2007) Touching the Void '04 180° South: Conquerors of the Useless (2010)
 Jeff Lowe's Metanoia (2014)

SOCIAL DISTANCING

- Sew a mask for someone in need. Grocery shop for a neighbor or someone in need.
 Go on a **SMILE Walk, Run or Bike Ride**. Give huge smiles to everyone you pass (6 ft away) #
Sidewalk Social Distancing: go for a walk/run and log the # of times you cross the street or re-route in order to respect social distancing. #
 Share a photo of you most **creative Social Distancing** idea/activity.

SUPPORT A SMALL BUSINESS!

- Give them a shoutout or share on social media!
 Order take-out from a locally owned restaurant, food truck, brewery or cidery.
 Shop safely and respectfully at a neighborhood grocery store.

WEEKLY STAFF CHALLENGE

One day, each week we'll post clues to our Instagram story; guess correctly to earn the points.

- WEEK 1: _____ WEEK 4: _____
 WEEK 2: _____ WEEK 5: _____
 WEEK 3: _____ WEEK 6: _____