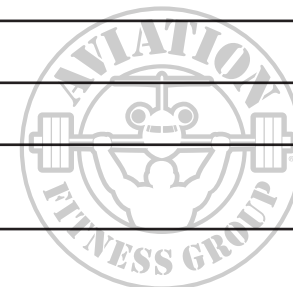


# AIRSHOW FITNESS CHALLENGE

Must have photo or video to document each workout – share on OUR social media for bonus points! Send proof of logbook scorecard to [lift@aviationfitnessgroup.com](mailto:lift@aviationfitnessgroup.com)

NAME:	E-MAIL:	PHONE:	SOCIAL HANDLES:	
LOCATION	AVIATION FUNCTION	REMARKS	VALUE	EARNED
BOEING PLAZA	BURPEES	5 REPS	+1	
EAA AVIATION MUSEUM	MUSEUM MUSCLE TONE	10 PUSH-UPS AGAINST MUSEUM WALL	+1	
TAILWHEEL AIRCRAFT PARKING	TOE TAP CORE EXERCISE	10 REPS	+1	
PIPER J-3 CUB PARKING	JUMPING JACKS	10 REPS	+1	
SEAPLANE BASE	SIT-UPS	10 REPS	+1	
STEARMAN PARKING	AIR SQUATS	10 REPS	+1	
HANGAR D	HANDSTAND	ANY VERSION OF ONE HANDSTAND	+1	
SUPER DECATHLON PARKING	SUPERMAN	10 REPS	+1	
MULTI-ENGINE AIRCRAFT PARKING	MULTI-PERSON WORKOUT	GRAB A PARTNER. DO 10 REPS OF YOUR CHOICE EXERCISE	+1	
FLIGHT SUIT AVIATOR	PLANK WARS	FIND ANY PERSON WEARING FLIGHT SUIT. CHALLENGE TO 1 MIN PLANK WAR	+3	
HELICOPTER PARKING	HIGH KNEES	10 REPS	+1	
STOL AREA STEP CHALLENGE	WALK 15,000 STEPS IN A DAY	INCLUDING STOL AREA	+3	
WORLD'S BUSIEST CONTROL TOWER	TRI-CEP DIPS	10 REPS	+1	
VINTAGE AIRCRAFT PARKING	V-UP CORE EXERCISE	10 REPS	+1	
RED BARN	REVERSE CRUNCH	10 REPS	+1	
ANY FOOD VENDOR	HEALTHY LUNCH CHALLENGE	DOCUMENT THE HEALTHIEST LUNCH YOU CAN FIND	+1	
STICKER A STRANGER	TELL A STRANGER ABOUT AVIATION FITNESS GROUP	TAKE PHOTO GIVING THEM YOUR ENTRY STICKER	+1	
HANGAR D	RWY36 PUNCH BOWL CHALLENGE	DRAW A RANDOM WORKOUT AND PERFORM AT RWY36 BOOTH	+3	
WEAR THE GEAR	WEAR AVIATION FITNESS GROUP APPAREL	TAKE PHOTO WEARING AFG GEAR	+3	
WARBIRD AREA	WARBIRD WORKOUT PHOTO OF ANY EXERCISE WITH Warbird IN THE PHOTO	10 REPS	+1	
SOS BROS BEER TENT	FLEX WITH ALLYSSA AND ALYSSA	FLEX MUSCLES IN PHOTO WITH ALYSSA CONNELL AND ALYSSA VANMETER AT BEER TENT	+3	



Join the AFG community and live your best life! [www.aviationfitnessgroup.com](http://www.aviationfitnessgroup.com)

TOTAL: