



WELCOME TO THE GENFIT CHALLENGE!

This challenge is an opportunity for you to come together as a family and community through fitness. If you or your children needed a little extra motivation to get moving then this is the perfect chance to do so. Beating your friends and family is just a nice bonus!

WHO IS IT FOR?

Everybody! The race is designed to be challenging without being technical. This means there is no crazy exercises you need to learn how to do, just good old fashion hard work and FUN!

DOES THE ENTIRE FAMILY COMPETE TOGETHER?

The race will be done in pairs; in relay fashion, with the kids being no older than 15 and no younger than 8! You will race against other pairs that are in the same age range.

WHAT ARE THE EVENTS?

Parents: 1/2 mile run

Kids: 100m bear crawl

Parents: 100m lunges

Kids: 10 yard cone stack

Parents: 25 burpees/15 Woman

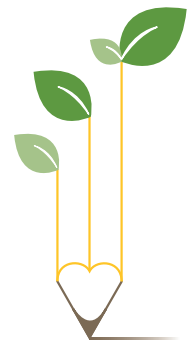
Kids: 100m hops

Parents: 2 min plank

Parents & Kids TOGETHER!: 1/2 mile run

HOW MUCH DOES IT COST?

All proceeds benefit **Educational First Steps**, a local nonprofit organization that creates and supports high-quality early learning spaces for children throughout North Texas. You can pay as little or as much as you would like to join the race.



Educational
FIRST STEPS