

GREKOUT SPRING DECATHLON

Since 1974, the Spring Decathlon has honored Joe Loprinzi's belief that a broad-based workout leads to an injury-free, vital and fully engaged life. Choose 10 of 18 events in three categories: strength, speed/skill and conditioning. This year, a new Pentathlon option makes it easier to get involved. Everyone can find five inviting events, right? Start training now for MAC's longest-running, non-sport specific competition, and be ready to go by April 27.

STRENGTH

EVENTS

Bench Press
Pull-ups
Push-ups
Shot Put
Vertical Leap

TAKE THESE CLASSES

Max Force
Max'd Out
Max 20
BOSU Strength
Aqua Boot Camp



"It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable."
— Socrates

SPEED/SKILL

EVENTS

100-meter Dash
40-yard Shuttle Run
400-meter Dash
50-yard Swim
Basketball Free Throws
Football Punt
Jump Rope
Long Jump

TAKE THESE CLASSES

Zumba Gold
U-Jam
Boot Camp
Cross Training
Glide CardioWave



"Faster, faster, until the thrill of speed overcomes the fear of death."
— Hunter S. Thompson

CONDITIONING

EVENTS

1000-meter Row
200-yard Swim
2000-meter Row
Mile Run
Stationary Bike

TAKE THESE CLASSES

Duathlon
Studio Cycling
Ultimate Conditioning
Fight Club
Cardio H2O



"Endurance is not just the ability to bear a hard thing, but to turn it into glory."
— William Barclay

Register to compete at themac.com. Use codes SPW SP20 (women) and SPM SP20 (men) for the Pentathlon and SDW SP20 (women) and SDM SP20 (men) for the Decathlon. See the Decathlon page on the website for rules, an event list and scoring information.

For more information, email fitness@themac.com.