



MCTC Fitness Challenge April 2025

Fitness provides countless benefits to all aspects of your lives. Physical health is one of them as it strengthens your heart, muscles, bones and enhances endurance and flexibility. Mental health is also very important as it elevates mood, reduces stress levels and improves cognitive function. Exercise routine benefits the immune system and increases energy levels, boosts stamina and eliminates the feeling of exhaustion and fatigue. Finally regular exercise builds social and emotional growth and promotes better sleep quality which is very important while being onboard.

Guidelines:

1. All crew members are eligible to participate as a team.
2. Each vessel may submit only one team challenge entry.
3. The challenge entry will be valid if all below exercises of the challenge will be completed by any member of the team.
4. The challenge entry should be submitted via email providing either a link to the video or the video itself.
5. It is recommended to use [MCTC Fitness Challenge 2025.mp4](#) as per the user guide attached.
6. The challenge will be to manage to complete all the exercises of *fitness challenge final part within 30 seconds for each exercise without a break.
7. However, if the time achieved is not 12 minutes, please do submit your entry and the time achieved will be evaluated based on the rest of the fleet and the three vessels with the best time will receive the nominated presents.
8. The video in the following link may be used as guidance for the challenge exercises.
9. Warm exercises are provided for exercise and strength.
10. Final Challenge exercises should be recorded.
11. Entries for the Fitness Challenge will be accepted at the latest by **30/4/2025**.

Warm Up Exercises (60-120 seconds)

- Wrist Stretch
- Shoulders Strech
- Biceps Strech
- Triceps Strech



12 Minute Full Body Workout

20 Seconds Each

Round 1:

- Jumping Jacks – 20 sec
- Jumping squats or Jump Squats – 20 sec
- Push Ups – 20 sec
- Mountain Climbers – 20 sec
- Squat Jump Run Back – 20 sec
- Bicycle Crunches – 20 sec

Rest for 20 sec

Round 2

- Plank Hold – 20 sec
- Burpees – 20 sec
- Reverse Lunges – 20 sec
- High Knees – 20 sec
- Side Plank (One Side) – 20 sec
- Side Plank (Other Side) – 20 sec

Rest for 20 sec

Round 3

- In & Out Jumps – 20 sec
- Skaters Jumps – 20 sec
- Cossack Squats (Left Leg) – 20 sec
- Cossack Squats (Right Leg) – 20 sec
- Commandos – 20 sec



- Down Dog Taps – 20 sec
- Lunge Jumps or Regular Lunges – 20 sec

Rest for 60s

***Fitness Challenge:**

- Plank – 30 sec
- Side Plank – 30 sec
- Other Side Plank – 30 sec
- Squat Position – 30 sec
- Crunches – 30 sec
- Russian Twist – 30 sec
- Walking Push Ups – 30 sec
- Regular Push Ups – 30 sec

Good Luck! 😊



Rest for 20s

Challenge Round

Beat the time set below for each exercise

Plank – 2 minutes

Bridge – 2 minutes Push

Ups – 2 minutes

Squat Position – 2 minutes

Burpees – 2 minutes Total =

10 minutes

Good Luck! 🍀