



Virtual Rider "Choose Your Own Adventure" Activity Ideas

Finish X miles on one day.

OR

Ride, run, walk XX miles over the course of several days, weeks, or months.

- This is the simplest activity option that everyone can do!
- Aim to get per-mile pledges for these larger goals.
- How to cover the miles? Your options are endless...here are some ideas:
 - Ride
 - Run
 - Walk
 - Roller Blade
 - Elliptical Machine
 - Row
 - Roller Blade

Fitness Challenge

Come up with Rodman 30 Challenge where you and your teammates have to do 30 reps or 30 minutes of an activity(s) every day:

- push-ups
- chin ups
- burpees
- dips
- sit ups
- jump rope
- Jumping jacks
- trampoline jumps
- hula hoop
- stair climber
- kickboxing
- rock climbing
- frisbee throw
- swimming

Zwift

Ride using the Zwift app with your teammates

Spin

Attend a virtual spin class(es)

Yoga, Zumba, or Bootcamp Classes

Pledge to take X classes or spend X hours on this activity

Random Acts of Kindness

Commit X RAOK