

COREST FITNESS



NIGHT  
OUT

Are you ready to enjoy the Corest Fitness  
Night Out experience?



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# PARTY



## CONCEPT

We want to combine physical activity and fun in a group sports competition.

A unique experience designed to enjoy, from Corest Fitness we want to take advantage of the idyllic setting in which we find ourselves and conceive a unique event, with the aim of becoming a meeting point for lovers of sport, healthy lifestyle and fun.

For one day we want to turn into a sporty party night, the axis around which the whole concept revolves is joy.

We will make a fun Wod more like an obstacle course than a sporting competition. In which all kinds of sporting levels will take part.

During the course of the event, a speaker will also energise the event to give this vision of fun. Once the sporting event is over, we will announce the winners of the event, at the same time as we give our attendees time to socialise and have a drink (cocktail, milkshake, beer), and encourage a sense of community and fun, Corest Fitness Night Out, a night you won't forget.

# COMMUNITY


PRESENTS

**COREST  
FITNESS**

SPORT / MUSIC / PARTY / BAND

SESSION #0001 LNZ

**1 NIGHT  
1**



29 APR 2022

JAVI FAJARDO DJ

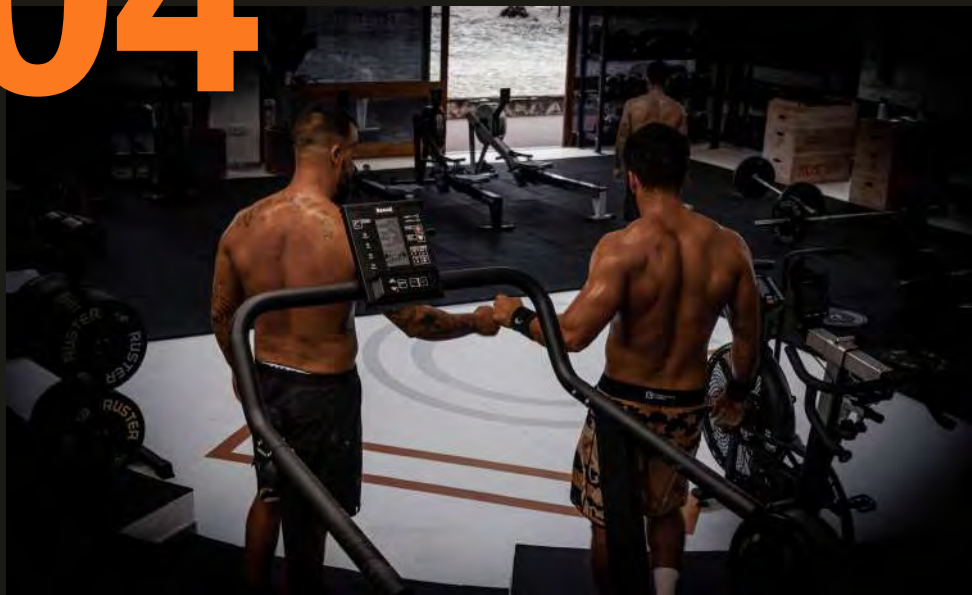
ESPLANADA IN FRONT OF COREST FITNESS

17:00

Come as an audience and enjoy a magical night!



# 29-04



# TIMING

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# 29-04



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Initial briefing, explanation of the tests and organisation of the competition heats.

2. Start of the first batch of tests. 10 groups.

3. Start of second batch of tests. 10 groups.

4. Dynamisation and prize-giving, with an ideal atmosphere to enjoy the rhythm of the music at the closing of the event.

We're going to tell you everything you need to know. Go ahead with the WODs we have prepared for you.

# WOD 1

1. 800 m sprint with load (Changing the ball at least once)

1.B 40 Squat breaking parallel 90 degrees (Ball over the mark).

**Load**

**Male 9 Kg**

**Female 6 Kg**

**Mixed 6 Kg**

# WOD 1

# WOD 2

20 m carry partner /  
Wheelbarrow

30 Burpees passing the box (To  
be distributed as you like)

40 American Kettlebell Swing  
24/16 Kg / Oh plate hold 15/10  
Kg

30 Box Step Over Whit KB (Over  
the Shoulder)

20 m Oh walking lunges  
(Athlete 1: Go, Athlete 2: Back)



**ENJOY LIKE NEVER BEFORE**

Why not bring together two concepts that we love?

# WOD 3

## E 10" MON

4 Devill press , Load 2 x 15 Kg Masc / 7,5

Fem y Mix

8 Toes To ring

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4 Devill press , Load 2 x 15 Kg Masc / 7,5

Fem and Mix

10 toes To ring

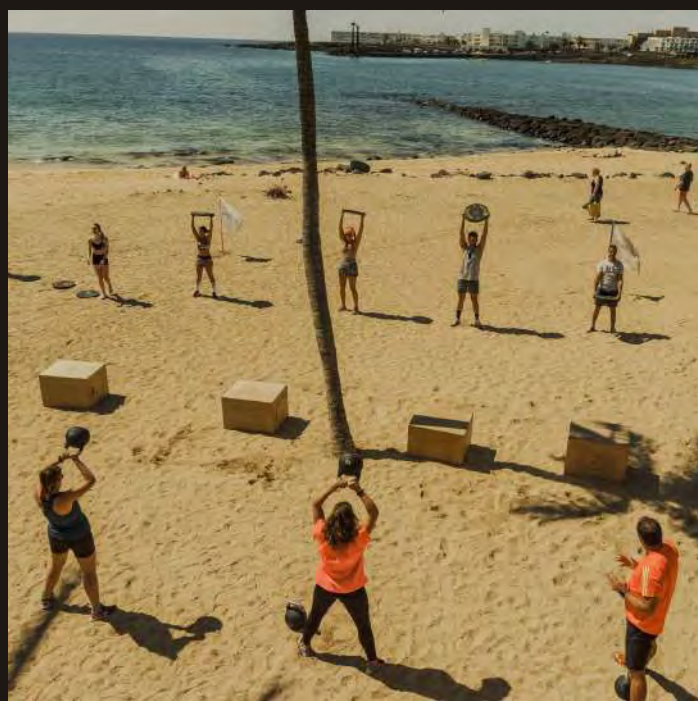
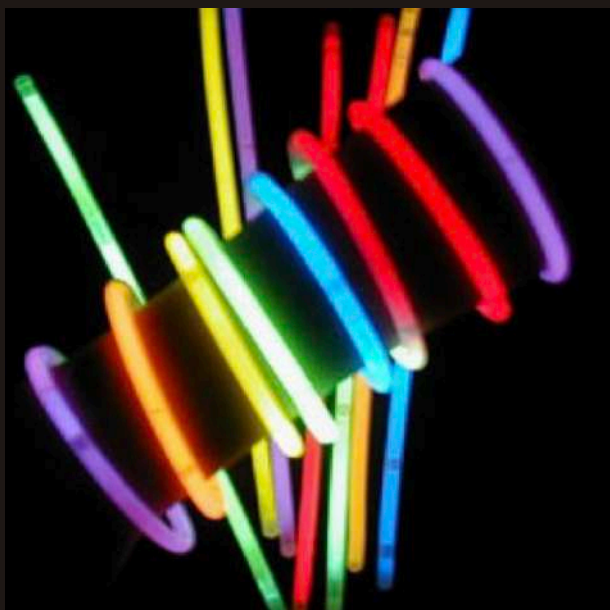
Increasing to failure.



# +DRESS CODE

In order to provide an identity sign we will ask the participants to come with dark, black clothes, and we will provide festive elements to set the event, bracelets and glow paints.

We will provide a space where the public and participants can enjoy a cocktail or a drink while they enjoy the show.



WE ARE IN  
THIS  
TOGETHER!

# PREMIOS

## Women's

3rd Prize: Viba Beauty Shop Cosmetics Hamper + Zona Fit Lot

2nd Prize: Dinner for 2 people at the Terraza Grill Restaurant + Xoom Project lot

1st Prize: 100€ in cash + high pro nutrition lot

## Male

3rd Prize: 2 Hair&You hairdressing services + Zona Fit lot

2nd Prize: Dinner for 2 people at the Melía Salinas + Xoom Project Lot

1st Prize: 100€ in cash + High Pro Nutrition lot

## Mixed

3rd Prize: Hamper of assortment from Almacen del queso + Zona Fit Lot

2nd Prize: Dinner for 2 people at the 90 miles restaurant + Xoom Project lot

1st Prize: 100€ in cash + High Pro Nutrition Lottery



ARE YOU GOING TO MISS IT? REGISTER BEFORE PLACES ARE SOLD OUT.

## COLLABORATE:

